PROVIDENCE

HOOD TO COAST

MOTHER OF ALL RELAYS

2022

WELCOME TO THE MOTHER OF ALL RELAYS

This 40th Anniversary voyage near the peak of Mount Hood to the Pacific Ocean beaches has irrefutably progressed since its unassuming start in 1982, with eight teams of wild runner friends. The race has certainly changed since its early days of hand-drawn course maps, no porta-potties or permits, and a beach party on picnic tables! Yet we all understand at its essence, the core of HTC has remained unchanged. Each of us continues to believe and live in the spirit of adventure, camaraderie, teamwork, perseverance, and the natural beauty that make Hood To Coast the storied event it is today.

You and our family and friends struggles with cancer have given Hood To Coast a higher purpose as well. Scientific breakthroughs are delivering results at the Providence Cancer Institute, considered to be one of the top cancer research and treatment centers nationwide, and at the forefront of immunotherapy. Helping this renowned institute improve the lives of people with cancer, while strengthening the health of our communities creates direct change. You and your teammates can support this mission directly: **rb.gy/xgknnu**

Additionally, here are some highlights of note in this year's race:

- **Alaska Air Team Pre-Check (via Hood To Coast App) – check in early to skip the lines!**

- **Download the 2022 Hood To Coast App (available in early Aug) – expedite your team check-in, track team timing, let your friends see you on course (if desired), handbook maps and more!**

- **Incredible 40 th anniversary Finish Party festivities on the beach, including music bands throughout the day and evening to keep you rocking'!**

- **Race official volunteers are provided with a free, new reflective vest and race official shirt to wear and keep, as well as customized online training.**

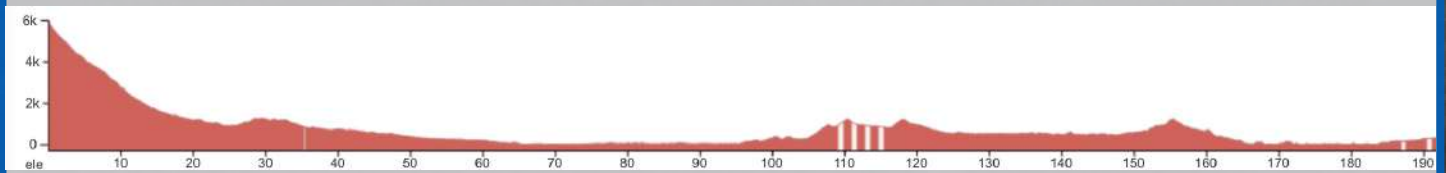
- **For teams deemed "local" – three volunteers are needed to support the 200 mile race course. These volunteers will watch online training and pass the multiple choice questions (available online July 6 – Aug2).**

If considered a local team, someone from your crew should pick up your event bag (race shirts, race bibs, partner swag) from the HTC Office **DRIVE THROUGH PACKET PICKUP** (7236 SW Durham Rd #800, Portland, OR 97224) from **2:00pm-6:00pm, August 8, August 10, or August 12.**

Thank you for being part of HTC community. We are SO enthused to see you at the 40 th Mother of All Relays!

Felicia Hubber

Felicia Hubber
Chairwoman & Race Director



START THE JOURNEY

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2022-2023 HTC RACE SERIES

All the fun of Hood To Coast in ONE day and ONE van!

HIGH DESERT RELAY
OCTOBER 1ST | BEND, OR
70 MI RUN | 47 MI WALK

CAPITOL TO COAST RELAY
APRIL 15TH | TALLAHASSEE, FL
79 MI RUN | 23 MI WALK/RUCK

CAPE LOOKOUT RELAY
APRIL 29TH | CAPE LOOKOUT, OR
72 MI RUN | 48 MI WALK

SEABROOK RELAY
JUNE 3RD | SEABROOK, WA
75 MI RUN | 52 MI WALK

WINDY RIVER RELAY
JULY 22ND | HOOD RIVER, OR
63 MI RUN | 42 MI WALK

RACE PARTNERS

TITLE PARTNER

PROVIDENCE

PRESENTING PARTNER

GOLD PARTNERS

Alaska Airlines

Michelob ULTRA Superior Light Beer

Mt. Hood Pristine Water from Portland Potato Vodka Distilled 4 Times

Knockaround

Timberline

SILVER PARTNERS

Les Schwab Tires

Quinn Thomas

Dartactive

SHOKZ

team World Vision

BRONZE PARTNERS

ONE

101 North

Michelob ULTRA Organic Seltzer

pepsi

AC Hotels Marriott Portland, Oregon

Celsius

The Skanner

The Feed.

Stafford Hills Club

Northwest Traffic Control

OTHER PARTNERS

Greenlayer

105.1 the Buzz Today's Best Mix

99.5 The Wolf

Coast

cheribundi

Columbia Bank

Hood to Coast Training Team

ActiveEDGE Wellness Center

SPECIAL THANKS TO

EyesOnWheels.org
HoodToCoastMovie.com

Seaside Chamber of Commerce
Amateur Radio Emergency Services

The City of Seaside

THE MOTHER OF ALL B CORPS

Certified

Corporation

HOOD to COAST
RACE SERIES

HOOD to COAST
RELAY

HOOD to COAST
INTERNATIONAL

HOOD TO COAST AND THE HTC RACE SERIES IS PROUD TO PIONEER THE WAY AS THE FIRST RUNNING AND SPORTS EVENT COMPANY CERTIFIED AS A B CORP™

COMMUNITY FUNDRAISERS

EXCH 12 @ WRAP AROUND TOWN

MEALS & SNACKS. . . . .*Wraps and salads*
BEVERAGES . . . . . .
HOURS—FRIDAY Breakfast & lunch

EXCH 16 @ SCAPPOOSE HIGH SCHOOL

Proceeds to benefit Scoppoose High School Cross Country Team

MEALS & SNACKS. . . . .*Bagels*
BEVERAGES . . . . . .*Hot beverages (coffee, tea, etc.)*
Showers
HOURS—FRIDAY 11:00AM - 1AM

EXCH 18 @ COLUMBIA COUNTY FAIRGROUNDS

MEALS & SNACKS. . . . .*Hot meals, deli sandwiches, assorted variety of snacks*
BEVERAGES . . . . . .*Hot beverages (coffee, tea, etc.)*
HOURS—FRIDAY 10:00AM - CLOSE

EXCH 23 @ NATAL GRANGE

Proceeds to benefit local community

MEALS & SNACKS. . . . .*BBQ and assorted sweets, breakfast*
BEVERAGES . . . . . .Juice and *Hot beverages (coffee, tea, etc.)*
HOURS—SATURDAY 1AM - CLOSE

EXCH 24 @ BARN FIELD

Proceeds to benefit Vernonia High School Equestrian Team

MEALS & SNACKS. . . . .*Hamburgers, cheeseburgers, vegetarian chili, biscuits/gravy bagels & cream cheese, muffins, assorted snacks.*
BEVERAGES . . . . . .*Coffee, soft drinks, water*
HOURS—FRIDAY 4:00PM - SATURDAY 9:00AM

BEFORE EXCH 27 @ JEWELL SCHOOL

Proceeds to benefit the Jewell School Parent Teacher Organization

SHOWERS . . . . . *Showers available*
SLEEPING SPACE . . . . .*Use of quiet, indoor sleeping area*
MEALS & SNACKS. . . . .*Oatmeal, bagels & cream cheese, eggs, sausage, pancakes; burger, BBQ, assorted snacks & other lite fare available*
BEVERAGES . . . . . .*Coffee, tea, hot chocolate, water*
HOURS—FRIDAY 6:00PM - SATURDAY 2:00PM

EXCH 27@ ELSIE-VINEMAPLE FIRE & RESCUE

Proceeds to benefit Elsie-Vinemaple Fire & Rescue
FIRST AID AND EMERGENCY MEDICAL SERVICES AVAILABLE
HOURS—FRIDAY 6:00PM - SAtURDAY 12:00PM

EXCH 30 @ 87232 HWY 202, ASTORIA OR

Proceeds to benefit community family
MEALS & SNACKS. . . . .*DINNER: Hamburgers, chicken burgers, potato salad*
BREAKFAST: Eggs, bacon, ham & cheese croissants, muffins
LUNCH: hamburgers, hotdogs yogurt, fruit, bagels
HOURS—FRIDAY 10:00PM - CLOSE

EXCH 31@ 89386 HWY 202, ASTORIA OR

Proceeds to benefit Astoria High School Basketball Team & The Olney Grange Kitchen Restoration Project
MEALS & SNACKS. . . . .*Breakfast burritos, pancakes, eggs, bacon, cinnamon rolls, fruit, hamburgers, hotdogs, BLT wraps, cookies*
BEVERAGES . . . . . .*Gatorade, coffee, hot chocolate, water, soft drinks*
HOURS—FRIDAY 6:00PM - CLOSE

EXCH 33 @ LEWIS & CLARK ELEMENTARY

Proceeds to benefit Astoria Youth Baseball
MEALS & SNACKS. . . . .*Hamburgers, hotdogs, doughnuts, candy bars*
BEVERAGES . . . . . .*Coffee, soft drinks*
HOURS—SATURDAY 4:00AM - CLOSE

REST

Exchange 18 - Columbia Co. Fairgrounds (Outdoor)
Before Exchange 27 - Jewell School (Indoor)
Exchange 30 - HWY 202 mile post 14 (Outdoor)

SHOWER

Before Exchange 27 - Jewell School

FOOD

Exchange 12 - Wrap Around Town Truck @ Exchange
Exchange 18 - Columbia Co. Fairgrounds
Exchange 19 - Exchange 19
Exchange 24 - Barn field
Before Exchange 27 - Jewell School
Exchange 27 - Elsie-Vinemaple Fire & Rescue
Exchange 30 - Community house
Exchange 31- Olney Grange
Exchange 33 - Lewis & Clark Elementary School
Seaside - FINISH!

CAPTAIN'S CHECKLIST

TRAVEL/ACCOMMODATIONS

Plan ahead! HTC Relay staff are available to answer questions regarding team vehicle, hotel, and flight reservations. E-mail **office@htcrelay.com** with questions. As the Official Airline of the Hood To Coast/Portland To Coast Relays, Alaska Airlines is pleased to provide discounted travel for Hood To Coast participants. Registered participants receive an e-mail with a 10% travel discount information and booking link for the 2022 Relay!

Alaska AIRLINES | Fly smart. Land happy.

VANS AND VAN DECORATION

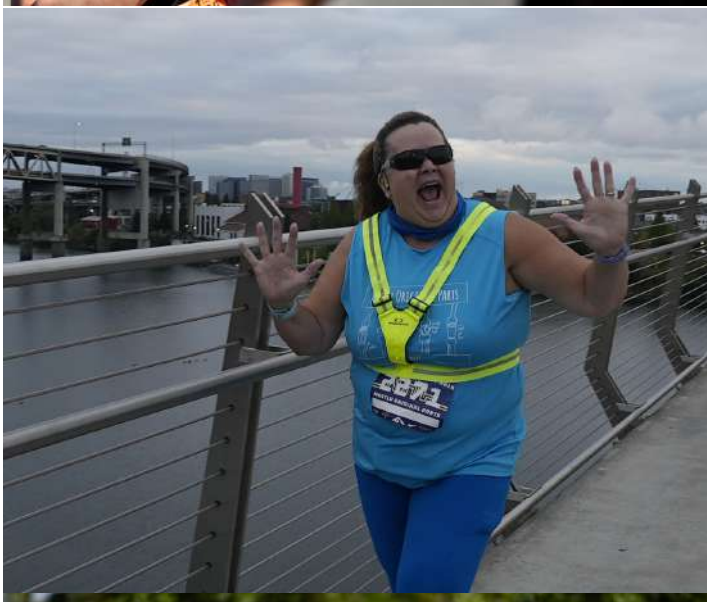
Teams are encouraged to make a sign for each of their vehicles that reads: **"CAUTION: RUNNER ON ROAD"** to place in the rear of the vans. Download and print free Caution signs on the HTC website. Vans may not follow behind their runner.

Each team is limited to two vehicles, preferably a passenger van or SUV. All passengers must wear seat belts when in the vehicle. No vehicles wider than 80" or longer than 23'-0". No motor homes, buses or limousines will be permitted. Failure to abide by this rule will result in disqualification.

Each team will be issued four signs, two are orange and two are white. On Van 1 securely tape white signs on the front and rear driver side windows. On Van 2 securely tape blue signs on the front and rear driver side windows. The blue sign is required to access legs #19-23 and #32-36. Both signs need to be clearly visible. **REFRAIN FROM THE USE OF FOUL OR OVERLY SUGGESTIVE LANGUAGE FOR DECORATIONS. HAVE FUN, BUT PLEASE USE GOOD JUDGMENT.** To be as respectful as possible to the communities we pass through, race organizers prohibit music from being played outside the team vehicle on loud speakers!

VOLUNTEERS

Teams with at least one member residing within a 100 mile radius of Portland are considered local and required to provide three race volunteers. Don't bring children or dogs. Volunteers should be assertive and have positive attitudes! Captains are responsible for ensuring that their volunteers each take (and pass) the mandatory online training, are at their appointed job, at the designated time, and fulfill the required tasks. **Volunteers receive shirts on-site, as well as a brand new, free HTC reflective vest to take home at the end of shift.** Bring a flashlight and two LED flashers for a night shift. If a volunteer cannot report, it is up to the team to find a replacement and make sure they report to their specific volunteer location. Please note the volunteer code of conduct online and within volunteer training.
https://hoodtocoast.com/htc/volunteer-info/



REQUIRED TEAM SAFETY EQUIPMENT

Each team MUST have the following set of items in each of their vans and present them for inspection at the Check-In Tent.

- Two reflective vests
- Two LED flashers
- Two flashlights, headlamps, or hats with light.

*While it is highly recommended to have a **First Aid Kit** in your van, this is not a required item at Check-In.

START LINE CHECK-IN PROCEDURE

The START is located at the lower parking lot of Timberline Lodge adjacent to the Day Lodge on Mt. Hood. The 2022 Hood To Coast Relay begins **Friday, August 26,** with start times waves occurring every 5 minutes. DON'T BE LATE ! Non-local teams are to receive their packets, race numbers, vehicle signs, and T-shirts at the Start. Arrive 30 minutes prior to your Start Time to collect these materials and officially check in. All local teams pick up shirts, race numbers, and supplies two weeks prior to the event at the drive through packet pickup on Aug 8-12 (Aug 8, 10, 12 (Mon, Wed, Fri) is 9AM-2PM and Aug 9, 11 (Tues, Thurs) is 2PM-7PM) at the HTC Office (7236 SW Durham Rd, Suite 800, Portland, OR, 97229). Local teams show safety equipment by taking a picture within the HTC App up to 30 minutes prior to race start.

OUT OF TOWN VAN 1 CHECK-IN PROCEDURE AT TIMBERLINE START:

1. 30 minutes prior to your team's assigned Start Time, go to the Team Check-In Tent Equipment Check Area and have someone from your team (know your team number, only one person needs to go and this does not need to be the team captain) present the team's working safety gear **(two reflective vests, two LED flashers, and two flashlights, headlamp, hat with headlamp, or Knuckle Lights).** Your team will then receive race bags, race bibs, and shirts if not previously picked up at Packet Pick-Up). Without the official Race bibs and approved Safety Equipment, a team will not start the race.

2. Teams scheduled to start in each upcoming wave will have their team name/number announced five minutes prior to scheduled start. The first runner must be at the Start Line. Teams cannot start before their assigned start time!

VAN 2 WILL RECEIVE BIBS FROM VAN 1.

TIMING CHIP AND RACE BIBS

Van 1 will be issued all 12 bibs at the Start Check-In. Van 2 should receive their 6 bibs at Exchange 6 from Van 1. **Van 2's bibs should include one with a shiny silver timing chip on the back.** This bib **MUST BE WORN BY THE LEG 36 RACER.** Your official start time will be recorded at the start line, and this timing bib worn by the Leg 36 racer will determine your official finish time.

PENALTIES

Race officials record witnessed infractions and teams are permitted to report rule infractions committed by others. Teams that wish to report penalties (see 'Race Rules' pg 20-21) must do so in writing within 30 minutes of arriving at the Finish within the HTC App section. You must identify the offending team by number. The Rules & Penalties Committee will evaluate all incidents; their decisions are final. To enforce a penalty, infractions must be reported by two or more teams. This system has resulted in disqualifications.

OPEN CONTAINER POLICY

Absolutely no open containers or consumption of alcohol is allowed during the race or on the race course! Teams found to be in violation are subject to disqualification and/or citation by Law Enforcement if witnessed by race officials or other staff. Please save the celebration for after finishing the event!

OFFICIAL 40TH ANNIVERSARY MERCHANDISE

40th Anniversary commemorative apparel will be available at the Start and Finish Lines. VISIT shophoodtocoast.com to order ahead of time for best available inventory! Shirts, Jackets, hats and HTC buffs are all available!

HTC FINISH

The Finish Line is located on the beach, north of the turnaround of Broadway Avenue in Seaside, Oregon. Traffic and parking are very limited in Seaside; so plan ahead. Free event shuttle parking runs every 15 minutes from North Coast Family Fellowship Church on leg 36. Larger lots at the Seaside High School and Convention Center should have available parking without shuttle.

Finishing as a Team: Team members are welcome to run across the Finish Line alongside their anchor runner completing the race. Make sure your official Leg 36 (anchor) runner leads your team to the Finish Line. By wearing a bib with the timing chip, they will be credited with your team's official finish. Teams awaiting their anchor runner should look for the "Team Waiting" signs near the finish banner.

Updated Finish Results: Final results will be posted online on the HTC App and https://hoodtocoast.com/htc-ptc by Sunday. If you have questions or concerns regarding your finish time, please file a report prior to 8:30pm on Saturday to the Race Rules Tent.

Finisher Medals: Medals will be presented to each team as the anchor runner crosses the Finish Line. Medals must be picked up Saturday or at the HTC office in Portland, OR at a later date. **THEY WILL NOT BE MAILED.**

T-Shirt Size Exchange: Exchange of unworn participant race shirts is subject to availability at the T-shirt swap Tent on the beach.

FINISH AREA ON THE BEACH

Food and Beverage: Hood To Coast welcomes back Century Catering to the 2022 Finish for a variety of delicious options.

Beer & Wine: On the beach, at the HTC/PTC finish area party, come relax and enjoy offerings from Michelob Ultra, Bud Light Seltzer, Eastside Distilling, 10 Barrel or 101 North Wine! Bring ID, proof of legal age is required. DON'T DRINK AND DRIVE. BE RESPONSIBLE. Open containers on the prom are illegal and police will issue citations.

Center Stage: Throughout the day Saturday, we'll host live DJ music, along with a live performance from 6:45-11:00pm by headliner, **CJ Mickens Band**, on Saturday evening on the beach. Plan on dancing into the night to an energetic and most entertaining Northwest favorite!

FOLLOW ALONG

Want to follow along with other 2022 Hood To Coast participants? Share your pictures on social media using #HTC22 and #HTC40 and tagging us on Instagram @htcrelay or Facebook @hoodtocoastrelay

#HTC22 #HTC40

AWARDS CEREMONY

Sunday, 9:00am-11am, Hood and Portland To Coast awards will be available to the TOP SIX teams in EACH CATEGORY to be picked up. Awards **WILL NOT BE MAILED** to teams who aren't present. Other pick-up arrangements should be made.

Results can be found Saturday evening with HTC App and by logging in to your Team Clubhouse.

WASTE PREVENTION

RECYCLE WITH US!

Bring large (e.g. 5- or 7-gallon) water jugs in your van, and be sure to bring your reusable water bottles to refill along the race course, in order to avoid using as many disposable plastic bottles as possible.

Buying Gatorade/electrolyte-enhanced beverages in bulk powder form reduces waste, saves space, and is much cheaper as well! Use ClearStream recycling receptacles (for empty plastic bottles and aluminum cans only) at the Start, every exchange, and at the Finish Party.

You will also be provided a BottleDrop bag which we encourage you to use to collect any redeemable beverage containers you may have. All proceeds from this program support our charitable partners!

Avoid landfill items where possible, and please sort your recyclables out of landfill-bound waste.

Download the HTC app on your phone to eliminate the need for printing additional handbooks.

The sorting guide can be found on page 15.

CINDIE MCKENNA

Cindie McKenna was born in Van Nuys, California, and moved to Oregon in 1971. She began running shortly after joining the Air Force in 1975. In 1982 she began participating in marathons and started running ultramarathons in 1984. She ran Hood To Coast solo in 1995, 1996, and 1997 as a one-person team called Grit, Sweat and Tears.

"I was not worried I wasn't going to finish—I just wanted to make sure I finished in less than 48 hours. Bryon, Mike, and Tim kept me aware of how I was doing and let me know I was ahead of schedule. It really helped raise my spirits. I was even able to pick up my pace the last few stages. Fortunately, the idea to match the start to my body clock and when the sun was out seemed to reenergize me, as I was approaching the finish in the light of day. And being among all the other teams and runners, as well as their support vehicles, really helped motivate me to reach my goal. In my third try I finally accomplished my goal, completing the course solo in 47 hours and 47 minutes.

Running 196 miles from Mt. Hood to the Oregon coast solo is not a simple undertaking. It took a team effort, with Bryon, Mike, Tim, and Gunner all playing key roles on the team. Bryon was responsible for the logistics and was also on the receiving end of my unpleasant moods during times when I was tired and irritable. Mike was gracious enough to provide support and pace me during all three years. Tim was a master motivator to me and to all ultrarunners. Gunner provided support and ran with me during parts of the race.

The total team was really everyone who supported me, suffered along with me, stayed up throughout the night, and dealt with the multiple phases of the crazy, tired ultrarunner mood swings. Thanks to all for such great memories."

Adapted from *Hood To Coast Memories*

IMPORTANT WEBSITES:

TEAM ROSTER/ADDS & SUBS/VOLUNTEER INVITE: register.hoodtocoast.com
MANDATORY ONLINE VOLUNTEER TRAINING: volunteer.hoodtocoast.com
WEBSITE: www.hoodtocoast.com
FACEBOOK: www.facebook.com/hoodtocoast
INSTAGRAM/TWITTER: @HTCRelay #HTC22
PROVIDENCE CANCER INSTITUTE FUNDRAISING:
TEAM MATCHING: www.htcteammatching.createaforum.com

INCLUSION AND MULTICULTURAL ENGAGEMENT ADVISORY COMMITTEE

MISSION

THE INCLUSION AND MULTICULTURAL ENGAGEMENT (IME) ADVISORY COMMITTEE RECOGNIZES AND APPRECIATES DIVERSITY AND COMMITS TO EQUITY THROUGH INCLUSIVE EVENT ENGAGEMENT SO THAT WE DEEPEN TIES WITH DIVERSE PARTICIPANTS AND VOLUNTEERS, AND WE PROMOTE HEALTHY LIVING AND SOCIAL JUSTICE IN THE BROADER RUNNING AND WALKING COMMUNITY.

"CREATING AN INCLUSIVE RACE COMMUNITY"

PROVIDENCE HEALTH & SERVICES HOOD to COAST RELAY

HOOD to COAST RACE SERIES

COMMITTEE MEMBERS:

Jessica Zdeb • Curtis Thomas • Nirav Dalal • Hector Ignacio • Renee Rank-Ignacio • Antonio Harris • Dan Floyd • Carrie Kalscheuer • Karol Collymore • Kira Higgs• Sgt Bret Barnum • Scott Hatley • Marcelle Abel • Jay Williams • Jocelyn Huffman• Ed Reilly • Felicia Hubber

PACKING LIST

CLOTHING

- Three sets of running clothes
- Running shoes
- Warm-ups
- Swimsuit/trunks
- Two (2) reflective vests per team
- Two (2) flashlights or headlamps per team
- Spare running shoes, sandals
- Spare shoe laces
- Running gloves
- Bandana (dusty/gravel legs 19-21)
- Sunglasses, glasses, contact lens solution
- Running GPS or other watch

EQUIPMENT

- Two (2) LED flashers
- Large full water jugs to refill water bottles
- Reusable water bottles
- Bags to sort recycling from landfill bound waste
- Ziploc plastic bags for wet clothes
- Scotch tape (to tape team numbers to van windows)

TOILETRIES

- Towel, washcloth (shampoo, hairbrush)
- Toiletries
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen
- Bug spray
- Handi Wipes, antibacterial, hand sanitzer

ACCESSORIES

- Earplugs
- First aid (blister/band aids, Icy Hot, aspirin, antacids)
- Instant ice packs, Ace Bandages
- Cell phone and charger
- Sleeping bag/small pillow
- Food/snacks
- Cash/credit card/photo ID
- Outside the ear audio/speakers
- Safety pins

PRO PACKING TIP

Pack each running outfit in its own labeled Ziploc bag. This makes it easy to find your next outfit in the van AND gives you a place to put your dirty outfit after running!

GOLD 100 CLUB

Hood To Coast and Portland To Coast Relay veterans who are verified by HTC staff/four attesters to have run or walked in 100 total legs of HTC or PTC from 1982 to present, will be commemorated with a golden relay baton to celebrate and thank you for your commitment to health and The Mother of All Relays! HTC has appointed a veteran representative to communicate with club members. If you would like to submit your qualifications to the Gold 100 Club, email billfrith@comcast.net and copy office@htcrelay.com

WASTE PREVENTION AT THE RACE

#RACEMOREWASTELESS

AVOID WASTE, SKIP THE PLASTIC

RECYCLING IS GOOD, AVOIDANCE IS BETTER.

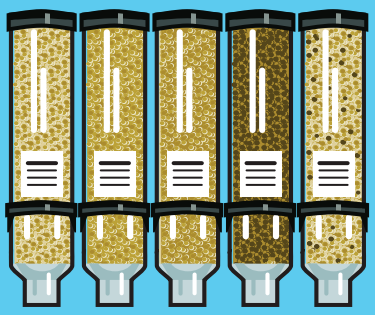
USE A REFILLABLE WATER JUG & BOTTLE

Instead of individual plastic bottles.

DID YOU KNOW?

A 7 gallon jug eliminates the need for 52.5 single use water bottles. Bring one 7 gallon jug or two 5 gallon jugs per van to keep your team hydrated.

BUY SNACKS & ELECTROLYTE BEVERAGE MIXES IN BULK



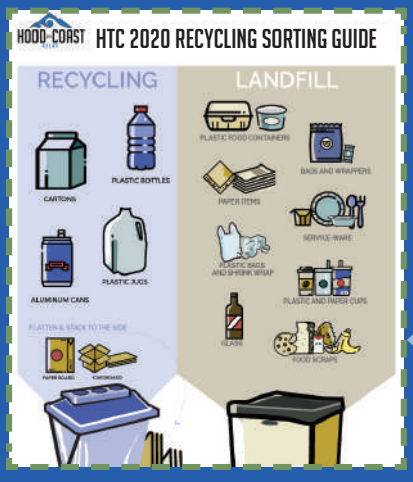
Rather than individually wrapped items.

TIP

Better yet make your own snacks and pack in a reusable container.

DOWNLOAD THE HTC APP

....to eliminate the need for printing an additional handbook and to view the HTC Recycling Sorting Guide.



Let's get recycling right. Use this guide to separate your recycling from landfill bound trash at exchange points. Want to take it to the next level? Avoid bringing items on the landfill list where possible .

PLAN FOR RECYCLING

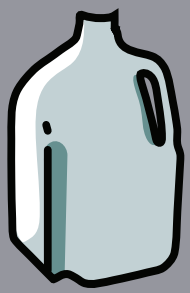
RUN. SLEEP. **SORT.** REPEAT.

HOOD to COAST RELAY 2022 RECYCLING SORTING GUIDE

#RACEMOREWASTELESS

RECYCLING

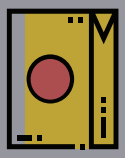
PLASTIC BOTTLES



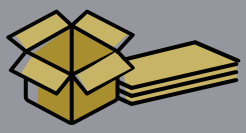
PLASTIC JUGS

ALUMINUM CANS

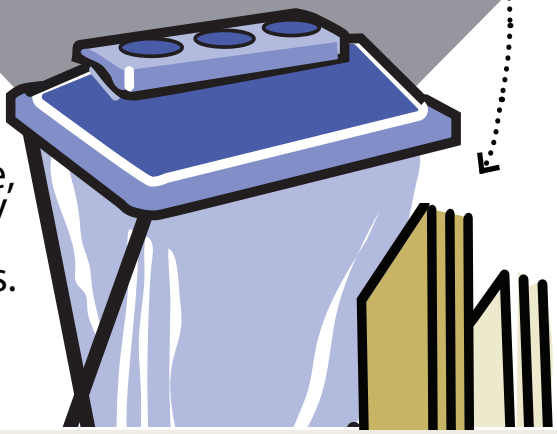
FLATTEN & STACK TO THE SIDE



PAPER BOARD



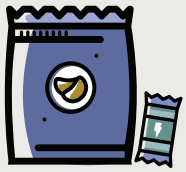
CARDBOARD



Please, empty your liquids.

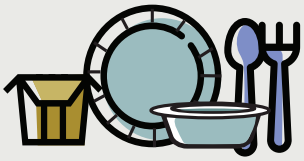
LANDFILL

PLASTIC FOOD CONTAINERS



BAGS AND WRAPPERS

PAPER ITEMS



SERVICE-WARE

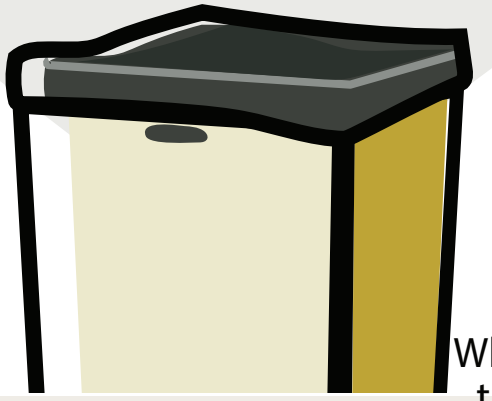
PLASTIC BAGS AND SHRINK WRAP

PLASTIC AND PAPER CUPS

GLASS

FOOD SCRAPS

CARTONS



When in doubt throw it out!

TEAM STRUCTURE

RECRUIT TEAMMATES

Runners looking for a team and team captains looking for runners can connect by visiting **www.htcrelayforum.com or www.facebook.com/HoodToCoast.** Chat with fellow participants, ask questions, and post to recruit other runners! Discussions range from teams looking for additional runners, to exchanging tips/advice and logistics.

TEAM TIME

No special seeding requests for starting times will be accepted. Teams that violate their assigned start time will be disqualified and subject to suspension in future events. It should be understood that the start time for any HTC team could result in a 9:00pm finish Saturday evening.

RUNNER SUBSTITUTION

No runner may drop out of the race solely for the purpose of the team substituting a faster participant in their place. If a runner is forced out due to injury or illness, they MAY NOT be reinstated into the team lineup. The team must finish the event with the remaining runners moving forward. No alternates may be added once the team has started. (60 min. penalty if involved in improper substitution.) Runners are to stay in team's rotational sequence unless extenuating circumstances are deemed necessary by race officials. Team rotation questions/concerns will be reviewed, if necessary at the Finish Line.

LEGS

When determining who will run each leg, (besides distance and leg rating), Captains should consider the following:

- Time of day runners will encounter each leg
- Leg exposure to sun and/or wind
- Variable weather
- Runner ability/fitness
- Runner familiarity with the area
- Van support
- Runner willingness to run on a gravel and potentially dusty road

The combination of the first three of these is perhaps the most crucial. Runners on any given leg can experience intense exposure to direct sunlight and may not have immediate access to their team support vehicle. See individual leg maps for specific details. The first three legs from Mount Hood each drop an average of 1300 - 1400 feet in elevation! Runners who push these legs too hard will severely pay for it in their second and third legs, ending up stiff and sore.

THE HTC APP

The HTC App is back and with a major upgrade, built to benefit all HTC & PTC participants and volunteers to make this the most memorable Mother of All Relays to date! Timing features include:

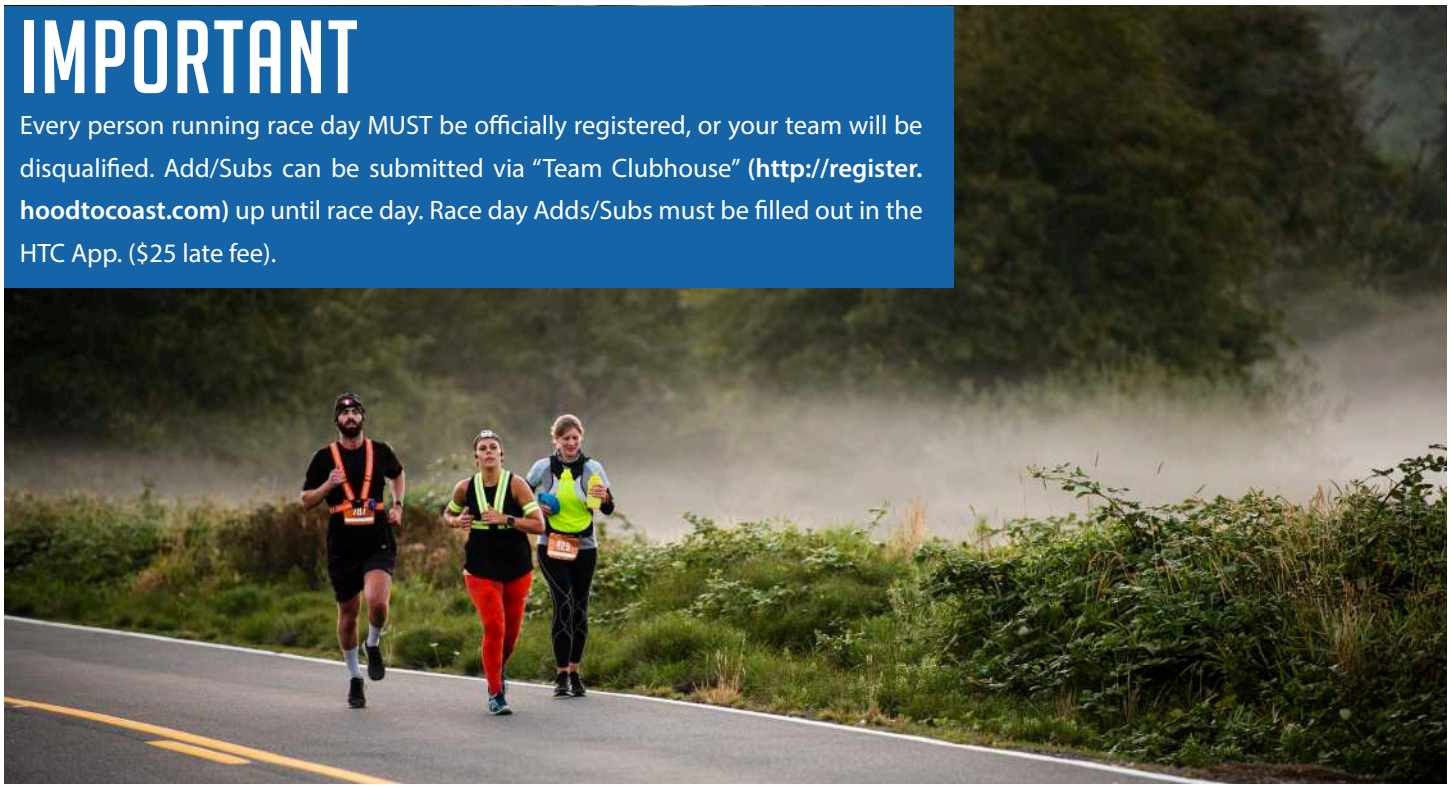
Team Pre-Check presented by Alaska Airlines
Upload a photo of your safety equipment and check-in your team prior to race day. Beat the lines for safety equipment check-in on the day of the relay and instead use the quick and easy "pre-check" line to receive your official race wrist wrap at the start! Pre-Check Opens August 22nd at 6AM!

Push Notifications
Stay up-to-date with course messaging from HTC/PTC Staff throughout the duration of the relay.

MORE INFO COMING SOON!

IMPORTANT

Every person running race day MUST be officially registered, or your team will be disqualified. Add/Subs can be submitted via "Team Clubhouse" **(http://register.hoodtocoast.com)** up until race day. Race day Adds/Subs must be filled out in the HTC App. ($25 late fee).



HTC PRESENTS
HIGH DESERT RELAY
OCTOBER 1ST, 2022
LEARN MORE

FUNDRAISING TEAMS ... WE THANK YOU!

Raising money is hard work, and you tackle it like a champion.

Every dollar you raise will immediately fund innovative research at Providence Cancer Institute. Our scientists and doctors are finding new ways to activate the body's own immune system to beat cancer. Your efforts propel this work.

We are cheering you on! See you on the beach.

#FINISHCANCER™

PROVIDENCE
Cancer Institute

RACE RULES

30 MIN — 30 minute penalty

60 MIN — 60 minute penalty

DQ — Disqualification

The following rules are for the safety of participants. Violation will result in a time penalty or disqualification.

RULES AND SAFETY ENFORCEMENT

Let's all play by the rules! Race officials will be monitoring the course to enforce relay policies. Any rule infraction reported to race officials by two separate teams and deemed valid will result in automatic disqualification from the race course, and/or if at the finish, withholding of race medals and potentially further ramifications. Race Officials may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

REPORT TEAMS BREAKING RULES

We will have Staff and Race Officials out on the course monitoring teams for adherance and safety to all rules. However, with 196 miles, we cannot be everywhere at once. We ask teams to help keep the course safe by reporting teams that are violating any HTC/PTC rules. Send a message within the 'REPORT RULE INFRACTION/SAFETY ENFORCEMENT' tab of the HTC/PTC App to report an incident, unsafe situation, inadequate signage, off course participant, or other. To report violations note:

- Who (including team # and description of person)
- What
- Where (leg, exchange, other)
- When

GEAR

RACE NUMBERS 30 MIN

Race bibs must be worn at all times. The race bib with the timing chip on the back must be worn by the Leg 36 racer. **Racers emergency contact info MUST be completed on the back of their bib.**

REQUIRED SAFETY GEAR DQ

From 6:00pm - 7:00am, all participants on the course must:

- wear one front and back LED flasher
- carry flashlight, wear headlamp, or wear hat headlight
- wear reflective vest (this must be worn until 9:00am)

For out of town teams, all safety equipment must be presented at the Start Check-In Tent. Local teams have digital, contactless check-in by taking a picture of all safety gear within the HTC App. Once approved by admin, your team will be ready to go at your assigned team start time. Participants will be held at an exchange and not allowed to participate without the proper equipment.

APPROVED VESTS

UNAPPROVED VESTS

VEHICLE

NO STOPPING TO DROP OFF RUNNER 30 MIN

No stopping, when vehicles are moving, to drop off a runner/walker. This quickly causes congestion. No parking/dropping off teammates is permitted within 500 ft of an exchange! Vans must obey all exchange signage and issued parking instructions.

NO VEHICLES FOLLOWING PARTICIPANTS 30 MIN

No vehicles will be allowed to follow behind participants. Keep it moving!

NO PARKING PRIOR TO EXCHANGE 30 MIN

No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible, watch for participants, and stay alert to other traffic.

DISPLAY OF TEAM VEHICLE SIGNS 60 MIN

Teams are provided with two white and two blue signs for course vehicles. Teams must display signs in the front and back rear windows of the van in such a way as to be easily see by race officials (White-Van 1, Blue-Van 2). We recommend using masking tape.

VEHICLE REQUIREMENTS DQ

Team vehicles must not exceed 80" wide or 23' 0" long. Vehicles must be equipped with seat belts for all passengers. No motor homes, buses, or limos allowed. Two (2) team vehicles are permitted on course. On Legs 19-23 and 32-36 only one team vehicle is permitted on the Relay route; the other vehicle must use the alternate handbook routes shown. Van decorations may not include overly suggestive or foul language.

CONDUCT

ON COURSE CONDUCT 30 MIN

Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerated. Quiet hours are to be observed from 10:00pm - 6:00am. No loud noise, music, or yelling during quiet hours. No van decorations or team costumes that are overtly suggestive, sexual, or that contain foul language.

OBEY RACE OFFICIALS 60 MIN

Course volunteers, O.D.O.T. and traffic safety officials at exchanges are considered Race Officials. They have authority to disqualify a team (60 min. penalty minimum) for rule violations, abusive behavior, or failure to follow instructions given by volunteers.

NO ALCOHOL, SMOKING, MARIJUANA OR OTHER DRUGS DQ

ANY participant or volunteer (seen by race officials or reported by two or more teams) smoking, with open alcoholic containers, marijuana or other drugs on the course will be disqualified. Depending on severity, team members may be banned from subsequent year's participation as well. Save the party for the finish!

USE SLEEPING FIELDS DQ

Participants may only use designated areas to sleep (roped off with caution tape). Tents are allowed at Exch 18 and Exch 24. Sleeping field at Exch 30, but no tents. NO sleeping on the ground next to vehicle or in designated sleeping areas.

PUBLIC NUISANCE RULE DQ

Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please use good judgment and be considerate of property owners along the course. Portable toilets and ample garbage containers are provided at each exchange point.

RACER

TRAVEL ON THE LEFT 60 MIN

Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise (1-7 & 14-16).

GROSSLY INACCURATE RACE PACE SURVEY TIMES 60 MIN

Teams that start the race early or finish over 2.5 hours faster than their anticipated finish time risk being disqualified and all teammates may be banned from future participation.

3 VOLUNTEERS PER TEAM DQ

Local teams responsible for ensuring all of their volunteers show up at the appointed time, to their assigned job and fulfill the tasks required. If a volunteer cannot report to duty, it is up to the Team Captain to find an alternate volunteer and make sure they report to the appointed job site. Failure of a volunteer assignment to be fulfilled will result in team DQ.

START TIME VIOLATION DQ

Teams who violate their start time and begin the race at any other start wave will be disqualified.

40 YEARS OF HOOD TO COAST RELAY

1982 FIRST HTC RELAY

The very first Hood To Coast took place under a full moon, August 7th , with eight teams of wild runner friends of Bob Foote and the Oregon Road Runners Club. Eight teams of 10 compete.

1983 HTC RELAY GROWS

64 teams with no advertising, all word of mouth

1989 SEASIDE FINISH

750 teams (limited to 750). Hood To Coast outgrew its Finish on the beaches of Pacific City and moved permanently to Seaside.

1991 PTC WALK

The first Portland To Coast Walk takes place in downtown Portland, thanks to the instigation of two very competitive walk teams!

1998 PTC CHALLENGE

HTC fills for the first time in one day. Hood To Coast website launched! ABC television one hour special on the race. Portland To Coast Challenge comes to fruition in its first year! Initially with just high school runners.

2003 ECONOMIC IMPACT

Economic impact analysis shows HTC and PTC events result in more than $26 million for Oregon state economy annually.

2011 HTC MOVIE

30th Anniversary Hood To Coast. 'Hood To Coast' movie was released to theaters nationwide to rave reviews.

2013 #FINISHCANCER

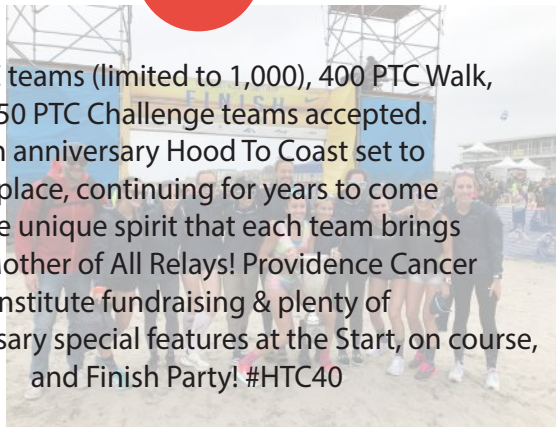
Providence Cancer Institute becomes the Hood To Coast/ Portland To Coast exclusive charity partner. Over $800,000 raised to support cancer programs through the race, and a newly redesigned beach party was unveiled!

2019 B-CORP

New record of nearly $900,000 is raised to help immunotherapy research and patient programs with the Providence Cancer Institute! Two full teams of blind running athletes complete Hood To Coast, and HTC becomes a Certified B Corp, the first athletic event to do so!

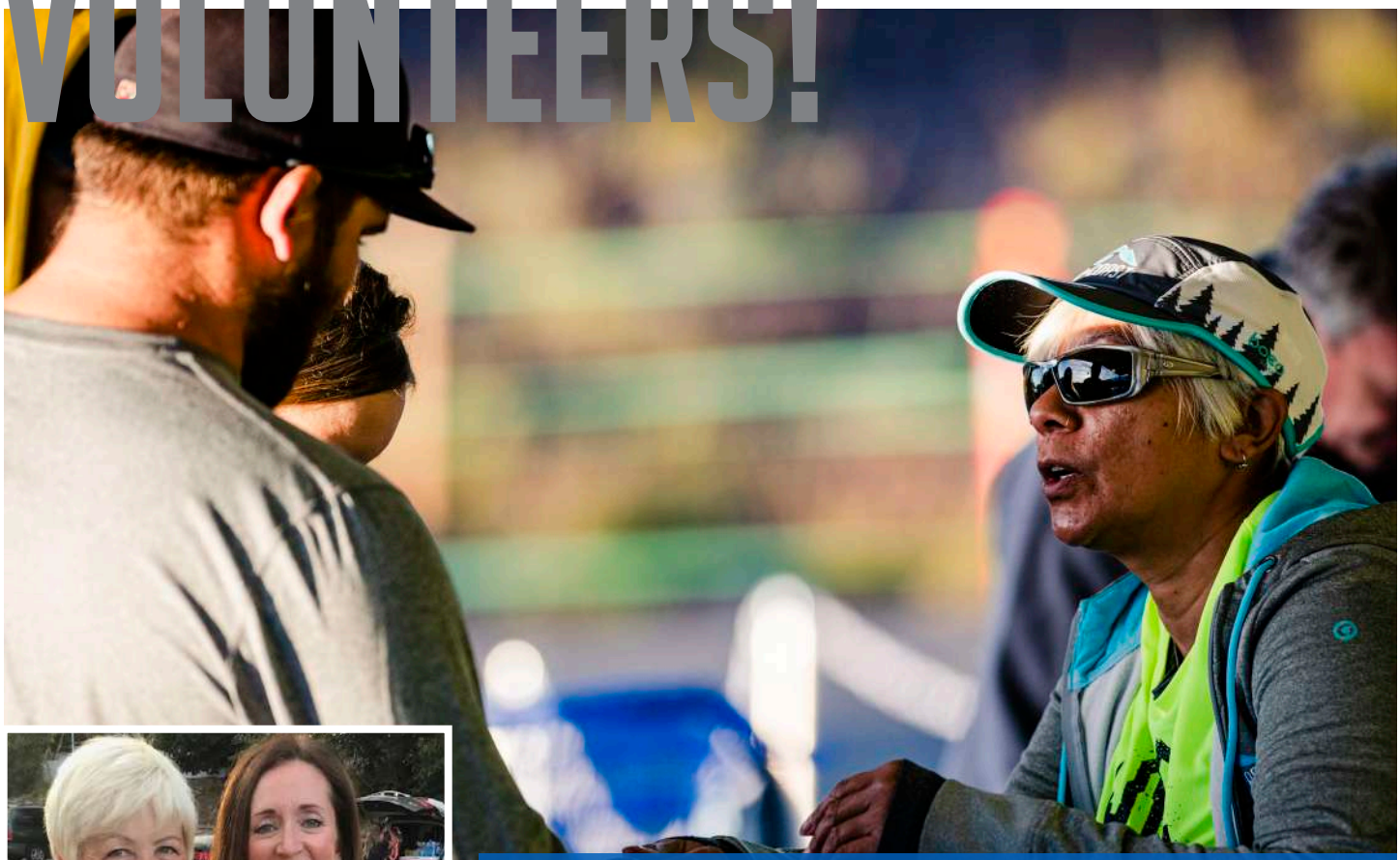
2022 40 YEARS!

1,000 HTC teams (limited to 1,000), 400 PTC Walk, and 50 PTC Challenge teams accepted. 40th anniversary Hood To Coast set to take place, continuing for years to come with the unique spirit that each team brings to the Mother of All Relays! Providence Cancer Institute fundraising & plenty of 40th anniversary special features at the Start, on course, and Finish Party! #HTC40

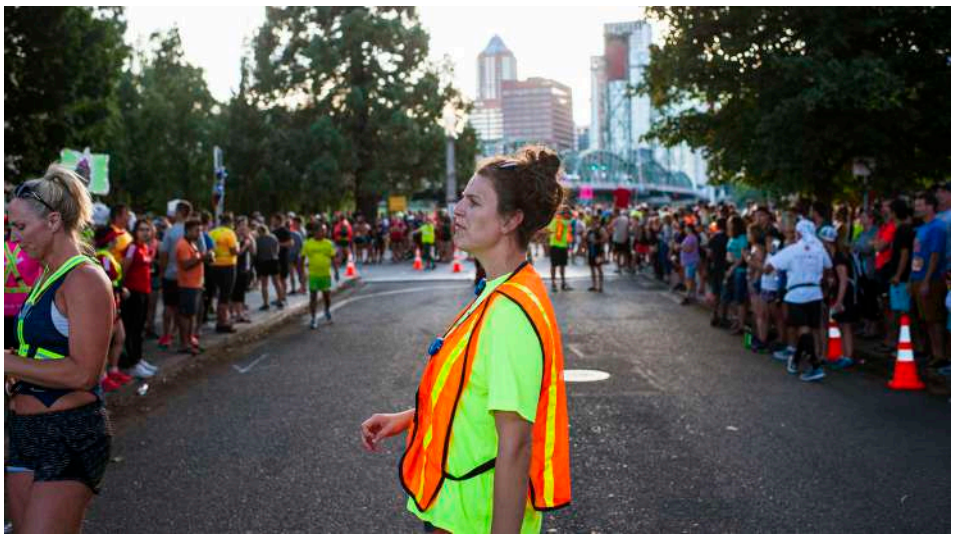


CHECK OUT THE FULL TIMELINE

THANK YOU VOLUNTEERS!



The Mother of all Relays wouldn't be possible without support from 3,600 dedicated volunteers along the course! The provision of three (3) volunteers per local team ensures that all participants have a well supported and safe event. For complete volunteer requirements visit: **https://hoodtocoast.com/htc/volunteer-info/**



DID YOU KNOW?

Hood & Portland To Coast was the first certified B Corp in the running/ walking industry?

Certified B Corporation

COURSE GUIDELINES

Exchanges are marked in yellow paint on paved roads, and pink flagging along gravel roads. Portions of this course do feature gravel stretches, so bring bandannas/painter's masks.

Waiting Runners who will run the next leg should step out of the CHUTE into the EXCHANGE ZONE as your runner approaches. Runners finishing must exit the exchange zone promptly.

All Spectators MUST remain on the RIGHT SIDE of the road. Runners are to run along the left side of the road except as indicated in the Team Handbook (legs #1 through #7 and legs #14 through #16).

The race course will officially **close Saturday evening at 9:00pm**. Any teams still on the course at that time are requested to either discontinue the race, or finish by running simultaneous runners (only if instructed by Race Officials and given a 'LeapFrog' to turn in at the Finish). If your team has been honest in supplying race pace times, everyone should finish no later than 9:00PM. This means some exchanges (33, 34 and 35) may close before 9:00pm due to scheduling.

TRIVIA

In what year did Kevin Hart run with a team in the event?
2015
2016
2017
2018

Answer:2016

DID YOU KNOW?

In 1994, the event allowed an all rollerblade team to participate? They wanted to come back the following year but organizers said that was the one and only time after seeing their rollerblade wheels smoking going downhill!

SAFETY

EMERGENCY PROCEDURE

In an emergency, call 911 and locate the Exchange Leader or Radio Operator at the nearest Exchange. Medical care and first aid safety is the responsibility of each team and participant. Each team needs to be prepared to care for the common medical needs of their runner, and should have a first aid kit prepared. **You and your teammates MUST write important emergency contact and medical info on the back of your race bibs!**

COMMUNICATIONS

Radio Communication Operators are at all exchange zones along the race course. Ham operators' primary responsibility is communication for emergencies, but they also help with logistical issues. If you see anyone hurt, please get their race number, exact location, and nature of the emergency, if possible. Report this information to radio operators at the next Exchange. They are capable of calling in full emergency medical, police, and fire response. Radio volunteers register via: **https://ham.hoodtocoast.com/**

RUNNING AT NIGHT

Maintain contact with your van within reason along the course. DO NOT follow behind runners/walkers! Vans can pull in a safe area (off of the road)! Don't obstruct traffic! **Participants must wear a reflective vest, front and back LED flashers, and carry a flashlight or wear a headlamp from 6:00pm through 7:00am (through 9:00am for reflective vest only) while running. THIS IS STRICTLY ENFORCED.** Teammates/support personnel are highly encouraged to wear a reflective vest and LED flasher when not inside the race vehicle, while on the course or at an exchange.

Acceptable reflectivity must be present on the front and back of the participant during the hours listed above. Reflective striping on a shirt or vest must be at least 1/3" thick. Reflectivity on shorts, pants, or hat does not count towards meeting the minimum requirement. A reflective vest or Y reflective harness are acceptable, whereas a reflective belt, reflective cloth, and/or reflective sleeves will not be accepted. We do not specify what kind of flashing light, as long as it is LED.

HYDRATION & FIRST AID

First Aid Stations are not provided. BE PREPARED. CARRY LARGE WATER CONTAINERS in your vans to refill. The average team is on the course for 29 hours, so continually hydrate and carry ice/ice packs in your team vehicle!

Runners must understand there are NOT any police promised to protect them from vehicle traffic along the course. Great care must be exercised at all times by racers and team vehicles. Racers proceed on the right side of the road for the majority of legs and must obey all traffic laws. At several exchanges, HTC hires professional traffic flaggers; obey their signals.

GIVING ON COURSE AID/SUPPORT

No team members or spectators are allowed to cross busy highways or streets with the purpose of giving aid or support to participants running along that side of the road! Team vehicles MUST safely cross over to the other side of the road to the location of the runner, park, and then commence support.

INCLEMENT WEATHER

With certain severe weather conditions where the welfare of participants is at risk, or where significant damage or alterations to the race course occur, HTC organizers reserve the right to cancel the event. No refunds will be given if the race is canceled due to weather. Conditions that may result in the relay being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snow, earthquakes, hurricanes, flooding, fog, etc. If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. If there is lightning at the start of the race that organizers deem unsuitable for participating, HTC reserves the right to delay starts or hold the race until the lightning clears.

2022 COMMITMENT TO HOOD TO COAST TRAFFIC SAFETY

To keep the roads safe for all 17,400 participants, team vehicles and community residents, we annually partner with law enforcement to create a 'Safety Agreement' that all teams must follow. Teams and drivers are responsible for their own safety, as well as the safety of others traveling along the relay route. Motorists and relay participants rightfully deserve and appreciate safe roads. **Thanks for driving safely**!

This agreement must be signed online prior to the race within the HTC App by one teammate in order to proceed to the start line and begin Leg 1.

The Hood To Coast Relay is conducted on open roads and is open to all traffic (unless specifically stated by Race Organizers). All teams agree to abide by the following regulations:

- All state traffic laws shall be obeyed at all times while operating your Team Vehicle.
- Violators of any Motor Vehicle laws are subject to ticketing by law enforcement at all times. (HTC is exempt from any responsibility or liability for illegal acts, and will report illegal acts if witnessed).
- Team vehicles shall not pull off to side of road on Leg 1 or Leg 2.
- Team Vehicles must **completely** pull off to the side of the road when stopping to assist teammates, and not block the path of runners. (Vehicles are required by law to be over the fog line and not in traffic lanes. Runners are required to use the shoulders when available; team vans must exit the roadway completely to be clear of traffic and racers on the shoulder).
- Team Vehicles shall not block the roadway or race course at any time.
- Team Vehicles shall not block private residential driveways or roadways.
- Team Vehicles shall respect neighborhoods and others along highway and roads. The use of a horn (unless as a reasonable warning) and playing loud music may be unlawful.
- Team Vehicles may need to drive slower than the posted speed limit, but shall not impede traffic or follow on roads behind a runner.
- Team vehicles shall obey the speed laws at all times.
- Open containers of alcoholic beverages are prohibited in any motor vehicle at all times when on a public highway.
- Team vehicles shall obey drinking and driving laws at all times.
- Team vehicles shall obey littering laws at all times.
- Teams agree to use approved rest rooms and porta-potties, exclusively at all times.
- Except in an emergency, all drivers shall obey Oregon's cell phone law. Avoid distractions -no texting. Use hands-free devices.

HOOD & PORTLAND TO COAST

TEAM CATEGORIES

Womens Elite any age, average registered & actual finish pace of 6:10 per mile or under.

Mens Elite any age, avg registered & actual finish pace of 5:10 per mile or under.

Mens Open any age, at least one runner under 30.

Corporate Womens Open any age and all from the same employer.

Corporate Mens Open any age, all from the same employer.

Womens Super Masters minimum age of all runners is 50 years old.

Mixed Open at least half women. Any age, at least one under 30 years old.

Womens Masters minimum age of all runners is 40 years old.

Mixed Submasters at least half women. Minimum age of all runners is 30 years old.

Mixed Masters at least half women. Minimum age of all runners is 40 years old.

Mens Masters minimum age of all runners is 40 years old.

Mens Super Masters minimum age of all runners is 50 years old.

Mixed Super Masters at least half women. Minimum age of all runners is 50 years old.

Womens Submasters minimum age of runners is 30 years old.

Mens Submasters minimum age of all runners is 30 years old.

Corporate Mixed Open at least half women, any age, at least one person under 30 years old.

Womens Open any age, at least one runner under 30.

Mens Champion Masters minimum age of all participants is 60

Womens Champion Masters minimum age of all participants is 60

Mixed Champion Masters at least half women. Minimum age of all participants is 60

PTCC Boys & Girls Mixed must have at least half girls on team. 13-18 years old.

PTCC Boys Open 13-18 years old, all boys on team.

PTCC Girls Open 13-18 years old, all girls on team.

CORPORATE CATEGORIES: ALL team members must share the SAME employer. (Team Categories will update automatically on the 'Team Roster' page of your clubhouse as participants register.)

DID YOU KNOW?

All 40 years of the race have started atop Mount Hood at the historic Timberline Lodge at 6,500 ft elevation.

RACE TO YOUR NEXT DESTINATION.

After you finish the race, it's time to start relaxing!
With the most nonstops from the West Coast, we'll get
you to your next vacation safely and on time.

Alaska® AIRLINES

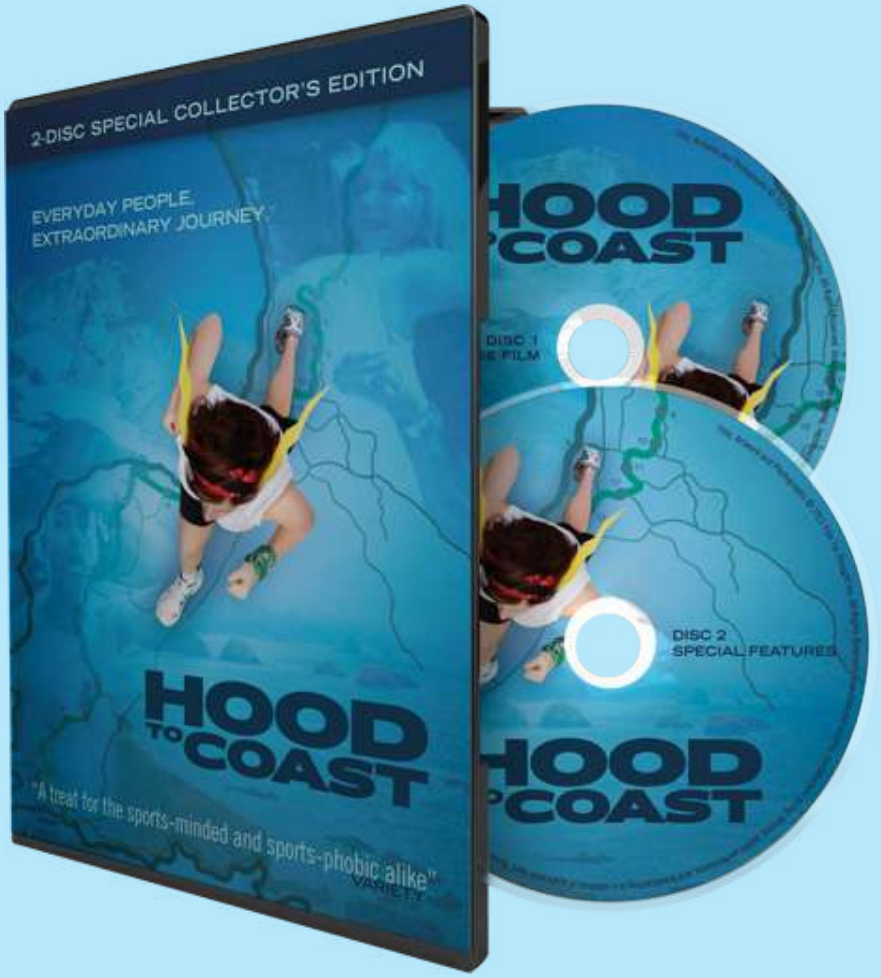
oneworld

alaskaair.com

CELEBRATE THE FILM'S 10 YEAR ANNIVERSARY

HOOD TO COAST

- THE MOVIE -



Relive the powerful journey! This award-winning documentary celebrates life and the race we love.

Meet the stars and filmmakers on the beach at the HTC Merch tent and get a signed DVD or BLURAY for only $5.

RENT AND WATCH TODAY
HTTPS://HOODTOCOAST.COM/MOVIE

SAFE TRAVELS

START HERE

Tires LES SCHWAB®

Celebrating 70 Years!

We want to help keep you and your team safe between legs.

SCHEDULE YOUR FREE PRE-TRIP SAFETY CHECK AT
LesSchwab.com

TIRES • WHEELS • BATTERIES • BRAKES
SHOCKS • ALIGNMENT

DRIVER GUIDE

Driving the course requires just as much planning as running the race. Follow the instructions included in the Driver Guide to navigate 196 miles with 2,000 other vans in a 36-hour time period.

DRIVE COURSE BEFORE THE RACE

- Take note of where all turns are located.
- Identify exchange zones and other areas prone to traffic congestion.
- Identify areas where parking is limited and plan accordingly.
- Take note of potential stop areas where the van can provide runner support.
- Know the locations of food and rest rooms. Don't violate the law by going on private property.
- Locate gas stations, last fuel stop before Seaside is in St. Helens (Leg 18).
- Establish places, (other than exchanges), where your team vans can meet.
- Become aware of areas where vans won't be in contact with their runner and how to deal effectively.
- Cell phone coverage may not be available in all areas (particularly Legs 18-32).

AREAS RESTRICTED TO ONE VAN

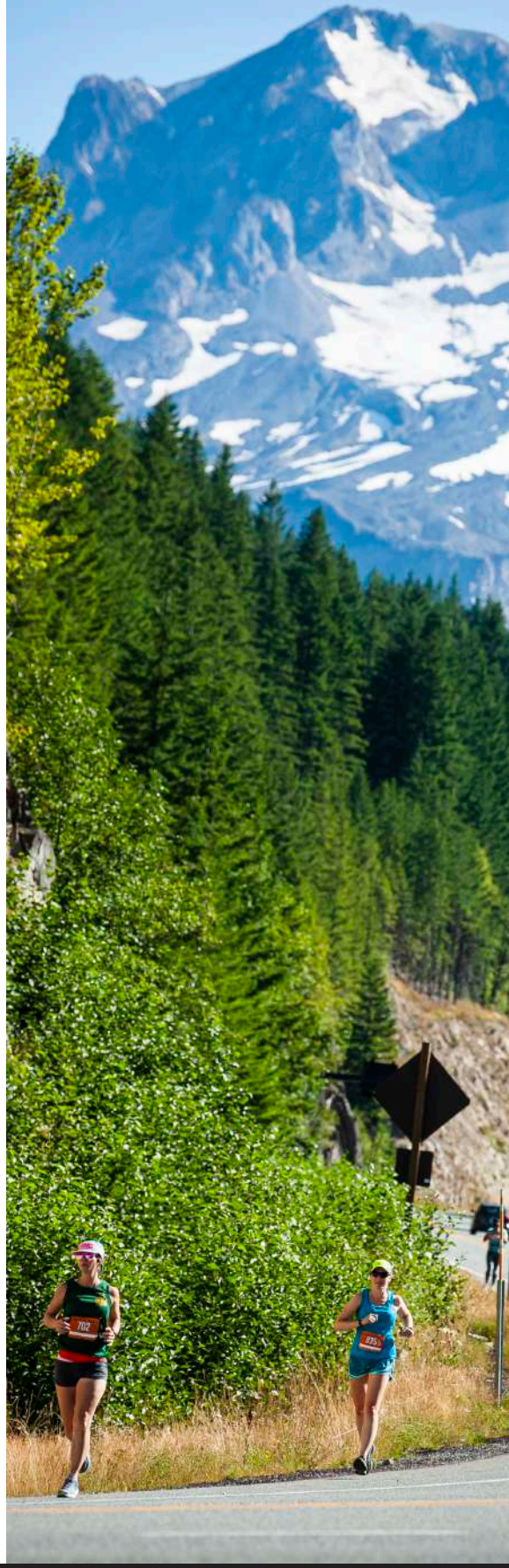
There are at least two areas on the course that will be restricted to one van per team due to narrow roads with limited space for high concentrations of vans.

- Between Exch 18 (Columbia Co. Fairgrounds) and Exch 23 (Nehalem Hwy N, Vernonia)Map shown in handbook (pg 59).
- Between Exch 31 (Olney Grange) and HWY 101 in Seaside (Leg 36). Map shown in handbook (pg 72).

Shortcut routes can be found in the handbook for Exchanges 6 to 12 (pg 43), and between Exchanges 12 and 18 (pg 52).

FREE TOWING & LOCK-OUT ASSISTANCE

As a service to participants, we've contracted with Roadside Assistance for roadside & lock -out services from Portland to Seaside. They can be reached at (503) 410-9169 or cell: (971) 645-6182. If you are out of cell service, contact your nearest exchange leader who will radio an Allbright Towing truck.



RULE REMINDERS

- No team members are allowed to cross highways or streets to give aid. Vans must pull over to that side of road and park.
- No parking/stopping within 500 feet of an exchange! Don't drop off teammates near the exchange zone. 30 minute penalty!
- Vans must obey all parking signage and parking instructions issued by race officials.
- Exchanges are marked with yellow paint on paved roads and pink flagging along gravel roads.

KNOW YOUR ROUTE!

CUT FOR EASY DIRECTIONS IN YOUR POCKET

LEG 1 DIRECTIONS

	0.00	Timberline Lodge
→	5.29	**RIGHT** onto HWY 26
→	5.44	**RIGHT** onto Government Camp Loop
	5.44	Exchange 2 (HWY 26/Gov't Camp Loop)

LEG 2 DIRECTIONS

	0.00	Exchange 1 (HWY 26/Gov't Camp Loop)
→	1.26	**RIGHT** on Government Camp Rd entrance onto HWY 26
↑	4.14	Truck Escape Ramp
→	5.53	**RIGHT** on Kiwanis Camp Rd/Rd 39
	5.64	Exchange 2 (Kiwanis Camp Rd/ Rd 39)

LEG 3 DIRECTIONS

	0.00	Exchange 2 (Kiwanis Camp Rd/ Rd 39)
←	0.08	**LEFT** onto Forest Trail
↑	0.73	Continue onto Rd 35
↑	1.51	Continue onto Rd 31
↑	2.26	Stay **STRAIGHT** on Rd 29
→	2.69	**RIGHT** on HWY 26
↑	4.12	Tollgate Campground
↑	4.39	Entering Rhododendron sign
	4.66	Exchange 3 (Mt. Hood Foods)

LEG 4 DIRECTIONS

	0.00	Exchange 3 (Mt. Hood Foods)
↑	1.13	Skyway Bar & Grill
↑	1.79	Zig Zag Ranger Station
↑	2.90	Signal in Welches
↑	3.34	Wemme sign
↑	4.70	Mt. Hood Village
↑	6.14	Salmon River Sign
	7.18	Exchange 4 (Brightwood Weigh Station)

LEG 5 DIRECTIONS

	0.00	Exchange 4 (Brightwood Weigh Station)
↑	0.29	Sleepy Hollow Rd / HWY 26
↑	0.61	Windells Motel
↑	3.11	Ivy Bear
↑	3.59	E. Sylvan Dr / HWY 26
→	3.85	**RIGHT** onto Cherryville Drive
↑	5.00	Baty Rd. / Cherryville Dr
	6.05	Exchange 5 (Cherryville Dr/HWY 25)

LEG 6 DIRECTIONS

	0.00	Exchange 5 (Cherryville Dr/HWY 25)
↑	0.48	Oregon Candy Farm
↑	2.11	SE Paha Loop Dr
↑	3.58	Shorty's Corner
↑	4.08	Calamity Jane's
→	6.35	**RIGHT** onto Bluff Rd/Hwy 26 (cross w/ siderun light to west side of Bluff Rd shoulder)
←	6.85	**LEFT** in to Exchange 6, west of Bluff Rd
	7.10	Exchange 6 (near Sandy HS Tennis Courts)

LEG 7 DIRECTIONS

	0.00	Exchange 6 (near Sandy HS Tennis Courts)
←	0.72	**LEFT** onto Jewelberry Ave
←	1.52	**LEFT** onto SE Kelso Rd
→	2.17	**RIGHT** onto SE 362nd Ave
←	2.90	**LEFT** onto SE Dunn Rd
→	3.39	**RIGHT** onto SE 352nd
↑	3.64	SE 352nd/Compton Rd intersection
→	3.88	**RIGHT** onto Hauglum Rd
←	4.38	**LEFT** onto SE 362nd
	5.25	Exchange 7 (Bluff Rd/Proctor Rd/362nd)

LEG 8 DIRECTIONS

	0.00	Exchange 7 (Bluff Rd/Proctor Rd/362nd)
←	0.54	**LEFT** onto 352nd
↑	1.20	352nd Ave/Calico Rd
→	1.70	**RIGHT** onto Brooks Rd
←	3.20	**LEFT** onto Revenue Rd
←	3.57	**LEFT** onto Orient Dr
→	3.72	**RIGHT** onto Compton Rd
↑	4.25	Compton Rd/312th Ave (Compton Rd becomes HWY 212)
↑	5.77	HWY 212/SE 282nd Ave
→	5.88	**RIGHT** onto Keller Rd
→	5.94	**RIGHT** onto Dee St
	6.00	Exchange 8 (Dee St/Springwater Trail)

LEG 9 DIRECTIONS

	0.00	Exchange 8 (Dee St/Springwater Trail)
↑	0.67	Cross over Haley Rd
↑	0.97	Cross bridge over Telford Rd
↑	2.12	Cross over Rugg Rd
↑	4.02	Cross over Hogan Rd
↑	4.62	Cross over Regner Rd
	5.38	Exchange 9 (East Gresham Park/ Springwater Trail)

LEG 10 DIRECTIONS

	0.00	Exchange 9 (East Gresham Park/ Springwater Trail)
↑	0.31	Cross over 7th St
↑	0.85	Cross bridge over Towel Ave/Eastman Pkwy
↑	1.81	Cross over Pleasant View Dr
↑	2.70	Cross over SE 174th Ave/Jenne Rd
↑	4.74	Cross over 136th Ave
↑	5.16	Cross over 128th Ave
↑	5.50	Cross over 122nd Ave
	5.54	Exchange 10 (Springwater Trail near Alice Ott School)

LEG 11 DIRECTIONS

	0.00	Exchange 10 (near Alice Ott School)
↑	1.90	Cross over SE Foster Rd
↑	2.37	Cross over 82nd Ave
↑	3.28	Cross over Johnson Creek Blvd/Bell Ave
↑	3.84	Cross over Flavel Dr/Linwood Ave
	5.00	Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

LEG 12 DIRECTIONS

	0.00	Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)
→	1.43	Turn RIGHT Towards SE 19th Ave
←	1.45	Turn LEFT onto SE Linn St.
↑	1.57	Continue Straight through SE 17th Ave
↑	1.86	Continue Straight through SE 13th Ave
←	2.05	Turn Right onto the Springwater Trail
↑	5.55	Continue Straight onto SE 4th Ave
←	5.62	Turn LEFT onto Caruthers St
→	5.74	Slight RIGHT onto Eastbank Esplanade
	6.26	Exchange 12 (Eastbank Esplanade)

LEG 13 DIRECTIONS

		Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)
←	.10	Turn **LEFT** ontotheTilikum Crossing walkway
→	0.14	Turn **RIGHT** onto the Tilikum Crossing
→	0.61	Turn **RIGHT** onto SW Bond Ave
→	0.83	Merge **RIGHT** onto Waterfront Park Trail
↑	1.58	Hawthorne Bridge
↑	1.81	Morrison Bridge
↑	2.18	Burnside Bridge
↑	2.45	Steel Bridge
↑	2.49	UPRR - railway tracks
↑	0.52	Merge onto SW Nato Parkway from the Waterfront Park Trail.
↑	2.88	Broadway Bridge
↑	3.41	Continue on Naito Pkwy as it becomes Front Ave under Fremont Bridge
↑	4.62	NW 26th Ave
	5.21	Exchange 13 (Front Ave - Georgia Pacific)

LEG 14 DIRECTIONS

	0.00	Exchange 13 (Front Ave - Georgia Pacific)
←	0.68	Turn **LEFT** onto Kittridge
→	1.17	Turn **RIGHT** onto HWY 30
↑	3.74	St. Johns Bridge
↑	4.14	Germantown Rod
↑	5.19	Linnton Lighthouse Inn
	6.04	Exchange 14 (Marina Way/HWY 30)

LEG 15 DIRECTIONS

	0.00	Exchange 14 (Marina Way/HWY 30)
↑	1.55	Sauvie Island Bridge
↑	3.34	Burlington Tavern
↑	3.93	Cornelius Pass Rd
↑	4.92	Logie Trail
↑	6.16	Wildwood Golf Course
	7.25	Exchange 15 (Rocky Point Weigh Station)

LEG 16 DIRECTIONS

	0.00	Exchange 15 (Rocky Point Weigh Station)
↑	0.84	Rocky Point Rd
↑	2.51	Bonneville Dr/Johns Landing Rd
→	3.79	Turn **RIGHT** onto SE High School Way
	3.92	Exchange 16 (Scappoose High School)

LEG 17 DIRECTIONS

	0.00	Exchange 16 (Scappoose High School)
↑	0.10	High School Way/HWY 30
→	0.12	Turn **RIGHT** onto HWY 30 (Participants cross other sidee of Hwy 30 with cross-walk and guidance from flaggers only)
←	5.23	Turn **LEFT** onto Church Rd
	5.32	Exchange 17 (Warren Baptist Church)

LEG 18 DIRECTIONS

	0.00	Exchange 17 (Warren Baptist Church)
→	1.30	Turn **RIGHT** onto Hazen Rd
↑	2.33	Continue onto Bennett Rd
←	2.75	Turn **LEFT** onto S Bachelor Flat Rd
←	3.75	Turn **LEFT** onto Saulser Rd
→	4.03	Turn **RIGHT** to stay on Saulser Rd
	4.13	Exchange 18 (Columbia County Fairgrounds)

LEG 19 DIRECTIONS

	0.00	Exchange 18 (Columbia County Fairgrounds)
←	0.37	Turn **LEFT** onto Saulser Rd
→	1.14	Turn **RIGHT** onto Kappler Rd
→	1.88	Turn **RIGHT** onto Brinn Rd
←	1.90	Turn **LEFT** onto Pittsburgh Rd
↑	2.78	Gensman Rd
	5.89	Exchange 19 (Pittsburgh Rd)

LEG 20 DIRECTIONS

	0.00	Exchange 19 (Pittsburgh Rd)
↑	3.03	Gravel section begins
↑	3.90	Large barn on right
	5.75	Exchange 20 (Pittsburgh Rd)

LEG 21 DIRECTIONS

	0.00	Exchange 20 (Pittsburgh Rd)
→	0.30	Turn **RIGHT** onto Schaffer Rd (at Camp Emerald Forest sign take the far right fork)
↑	2.00	Blue gate on left
↑	2.28	House on left with many old cars
	5.06	Exchange 21 (Schaffer Rd)

LEG 22 DIRECTIONS

	0.00	Exchange 21 (Schaffer Rd)
←	0.03	Turn **LEFT** onto Apiary Rd
↑	1.67	Wilkerson County Park
↑	3.77	Rock Quarry
↑	4.57	Golden-yellow gate on left
↑	6.57	Small blue house and garage on left
	6.70	Exchange 22 (Apiary Rd)

LEG 23 DIRECTIONS

	0.00	Exchange 22 (Apiary Rd)
→	0.76	Turn **RIGHT** onto HWY 47 (Nehalem HWY)
↑	0.99	Peterson Fire Station on left
	4.23	Exchange 23 (Natal Grange)

LEG 24 DIRECTIONS

	0.00	Exchange 23 (Natal Grange)
↑	0.83	Country Museum on left
↑	1.15	Battle Creek Bridge
↑	3.55	Nehalem Valley Automotive
↑	3.66	Continue on HWY 202
	4.87	Exchange 24 (Mist - HWY 202)

LEG 25 DIRECTIONS

	0.00	Exchange 24 (Mist - HWY 202)
↑	1.19	Nehalem River Bridge
↑	1.76	Mist/Birkenfield Fire Station
↑	3.10	Fishhawk Rd
	3.80	Exchange 25 (Birkenfield Community Church)

LEG 26 DIRECTIONS

	0.00	Exchange 25 (Birkenfield Community Church)
↑	0.48	Nehalem River Bridge
↑	1.98	Welcome to Clatsop City sign
↑	2.48	Nehalem River Bridge
↑	2.58	Jones Rd
↑	3.57	Cahill Rd
	5.65	Exchange 26 (HWY 202)

LEG 27 DIRECTIONS

	0.00	Exchange 26 (HWY 202)
↑	0.60	Northrup Creek Rd
↑	3.40	Nehalem River Bridge
↑	5.11	Rhodes Rd
↑	5.46	Wage Rd
↑	6.30	HWY 103
	6.36	Exchange 27 (Jewell - HWY 202)

LEG 28 DIRECTIONS

	0.00	Exchange 27 (Jewell - HWY 202)
↑	0.82	County Maintenance Yard on left
↑	2.35	Elk Viewpoint on left
	3.83	Exchange 28 (HWY 202 m.p. 25.3)

LEG 29 DIRECTIONS

	0.00	Exchange 28 (HWY 202 m.p. 25.3)
↑	0.33	Lee Wooden Park on left (m.p. 24.9)
↑	2.42	m.p. 23 sign
↑	3.47	Crest of hill (m.p. 21.8)
	5.97	Exchange 29 (HWY 202 m.p. 19.4)

LEG 30 DIRECTIONS

	0.00	Exchange 29 (HWY 202 m.p. 19.4)
↑	3.37	m.p. 16 sign
↑	3.53	Nehalem River Bridge (m.p. 15.8)
	5.32	Exchange 30 (Astoria - HWY 202)

LEG 31 DIRECTIONS

	0.00	Exchange 30 (Astoria - HWY 202)
↑	0.85	m.p. 13 sign
↑	1.56	McCoy Lane
↑	2.06	Klaskanine River Bridge and Fish Hatchery (m.p. 12)
↑	2.67	Lillenas Rd (m.p. 11.3)
↑	3.13	Olney Lane
	3.96	Exchange 31 (Coastline Christian Fellowship Church)

LEG 32 DIRECTIONS

	0.00	Exchange 31 (Coastline Christian Fellowship Church)
→	0.00	Turn **RIGHT** onto HWY 202
→	0.80	Turn **RIGHT** onto Olney Cutoff Road
→	1.10	Turn **RIGHT** to stay on Olney Cutoff Rd
←	1.60	Turn **LEFT** onto Youngs River Road
	4.80	Exchange 32 (Youngs River Falls)

LEG 33 DIRECTIONS

	0.00	Exchange 32 (Youngs River Falls)
↑	3.67	Tucker Creek Rd
↑	5.12	Binder Slough Rd
↑	6.18	Dow Rd
↑	6.60	Wireless Rd
←	7.29	Turn **LEFT** onto Lewis & Clark Rd
	7.72	Exchange 33 (Lewis & Clark School)

LEG 34 DIRECTIONS

	0.00	Exchange 33 (Lewis & Clark School)
↑	0.61	Lynstad Heights
↑	1.82	Mudd Rd
↑	2.43	Kee Rd/Reith Rd
↑	2.66	Lewis & Clark Cemetery
→	3.32	Turn **RIGHT** onto Lewis & Clark Rd
→	3.43	Turn **RIGHT** onto Fort Clatsop Rd
←	4.08	Turn **LEFT** onto Lewis & Clark Mainline
	4.12	Exchange 34 (Lewis & Clark Mainline)

LEG 35 DIRECTIONS

	0.00	Exchange 34 (Lewis & Clark School)
↑	0.92	Lewis & Clark Rd
←	1.92	Turn **LEFT** onto Lewis & Clark Rd
↑	6.43	Lewis & Clark Mainline
	7.07	Exchange 35 (Lewis & Clark Mainline)

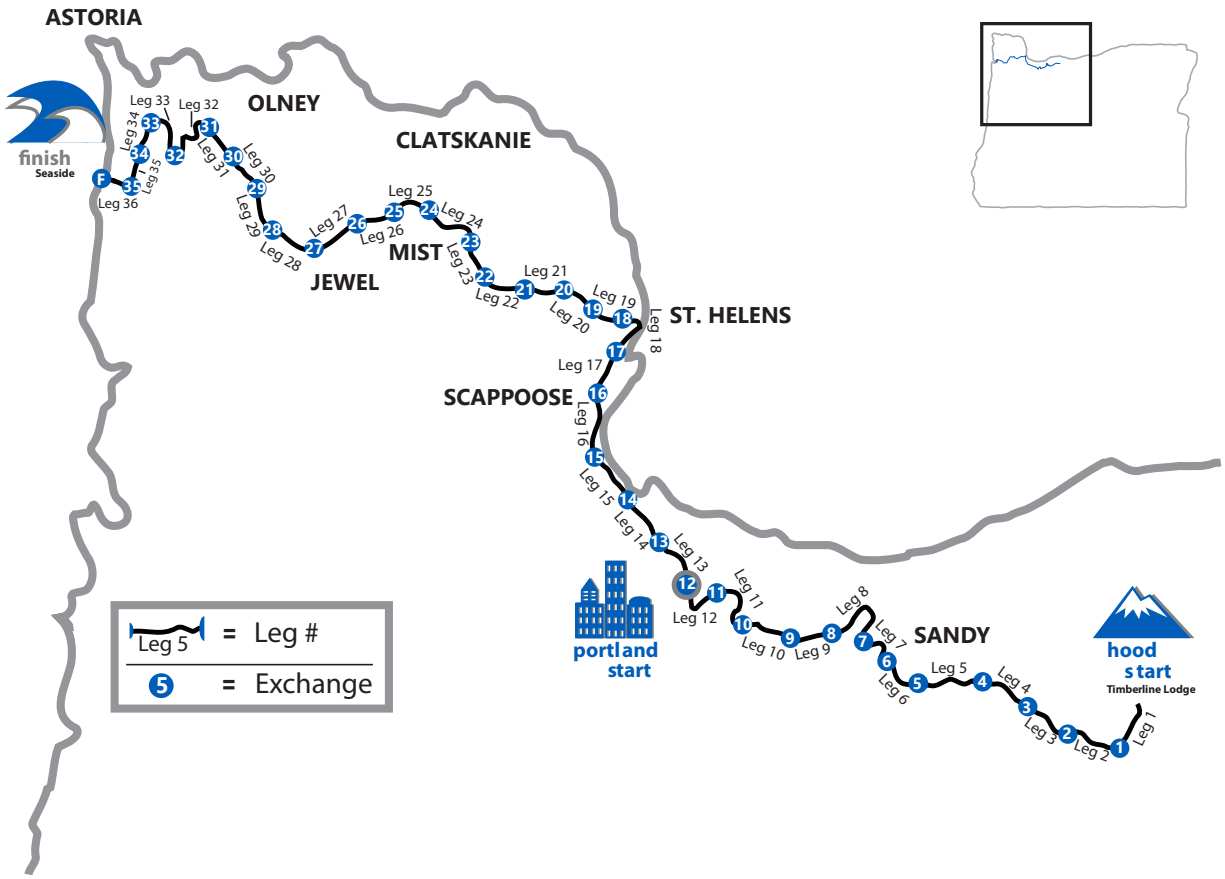
LEG 36 DIRECTIONS

	0.00	Exchange 35 (Lewis & Clark Mainline)
←	0.79	Turn **LEFT** onto Lewis & Clark Rd
↑	2.75	"The Retreat" condos
←	3.12	Turn **LEFT** onto Wahanna Rd
→	3.75	Turn **RIGHT** onto 12th Ave
→	3.94	Turn **RIGHT** onto movie theatre parking lot
↑	4.05	14th Ave/HWY 101 (Temporary pedestrian bridge)
←	4.20	Turn **LEFT** onto Holladay St
→	4.31	Turn **RIGHT** onto 12th Ave
←	4.63	Turn **LEFT** onto Promenade
	5.19	FINISH on sand at turnaround!

DID YOU KNOW?

Detailed LEG Directions as well as almost all the information in this handbook is available in the HTC Handbook App availabe on iOS and Android. Check them out here: **hoodtocoastrelay.com/app/**

COURSE OVERVIEW



= Little/No Shade	= Quiet Zone	E = Easy	H = Hard
= Considerable Elevation Gain/Loss	= Gravel (possible dust)	M = Moderate	VH = Very Hard

		1st Leg			2nd Leg			3rd Leg			Totals/Rankings			
Van	Runner	Leg # / Remark	Mileage	Rating	Leg # / Remark	Mileage	Rating	Leg # / Remark	Mileage	Rating	Total Miles	Mileage Ranking	Relative Difficulty	Difficulty Ranking
Van 1	1	1	5.44	VH	13	5.21	E	25	3.80	E	14.45	12	15.36	12
Van 1	2	2	5.64	H	14	6.04	M	26	5.65	H	17.33	4	20.19	5
Van 1	3	3	4.66	E	15	7.25	H	27	6.36	M	18.27	1	20.36	4
Van 1	4	4	7.18	M	16	3.92	E	28	3.83	E	14.93	11	15.65	11
Van 1	5	5	6.05	VH	17	5.32	M	29	5.97	VH	17.34	3	24.23	1
Van 1	6	6	7.10	H	18	4.13	H	30	5.32	M	16.55	5	20.65	3
Van 2	7	7	5.25	M	19	5.89	VH	31	3.96	M	15.10	10	17.49	9
Van 2	8	8	6.00	E	20	5.75	VH	32	4.80	M	16.55	6	18.10	7
Van 2	9	9	5.38	M	21	5.06	M	33	7.72	H	18.16	2	20.75	2
Van 2	10	10	5.54	M	22	6.70	H	34	4.12	E	16.36	7	18.25	6
Van 2	11	11	5.00	E	23	4.23	E	35	7.07	H	16.30	8	17.71	8
Van 2	12	12	6.26	M	24	4.87	E	36	5.03	M	16.16	9	16.75	10

FLY TO THE FINISH LINE.

Good luck to everyone participating in the Hood to Coast Relay.

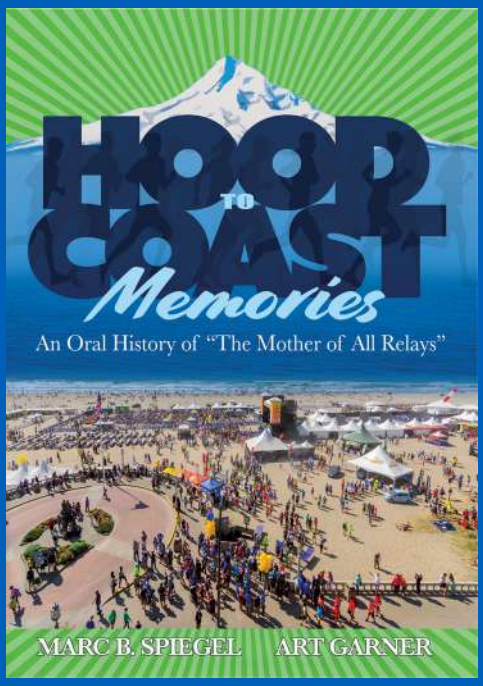
Alaska AIRLINES

oneworld

alaskaair.com

MENTION THIS AD AND RECEIVE $5.00 OFF *THE HOOD TO COAST MEMORIES BOOK* AT THE HTC MERCHANDISE TENTS

WHAT PEOPLE ARE SAYING



"*Hood To Coast Memories* is a great read for anybody from newbie to multi-year veteran. Stories range from informative and factual, to funny and heartwarming, to sad or cringe-worthy."
—**Geli Heidelberger,** *Run Oregon Bookshelf*

"I hadn't done the relay in seven years and was reading H*ood To Coast Memories* and missed the race so much, I went straight to the 'teams needing runners' forum and found a team to join four days before the race."
—**Wendy Moore**

"I've wholeheartedly enjoyed the motivating, witty, funny and enlightening anecdotal narratives which many people can relate to here. You feel as if you're running right alongside each of the participants."
—**Felicia Hubber**, *Chairwoman & Race Director, HTC & PTC Relays*

"Great read, insightful, and truly entertaining to learn about this 'Mother of All Relays.' Delightful array of stories and well organized offering a real window into the memories of those who have been a part of it over the years."
—**Amazon**

"What I found amazing in *Hood To Coast Memories* is that my own story of finding the nothing-else-compares level of camaraderie and friendship I found was similarly playing out amongst so many other runners and teams."
—**Jeff Boly,** *Team Mr. Mojo Risin'*

ABOUT THE BOOK

Hood to Coast Memories features personal recollections from "The Mother of All Relays." Runners, walkers, volunteers, event organizers, and many others share their memories from the almost 200-mile relay race from Mt. Hood to the Pacific Coast. The book captures the history, character and appeal of the race that began in 1982 with just 8 teams and 80 runners, and has grown to more than 1,000 teams and over 12,000 competitors.

HTTPS://WWW.AMAZON.COM/HOOD-COAST-MEMORIES-HISTORY-MOTHER-EBOOK/DP/B07GCCWPWS

@HTCMEMORIESBOOK

NAMED AFTER: LEW J.

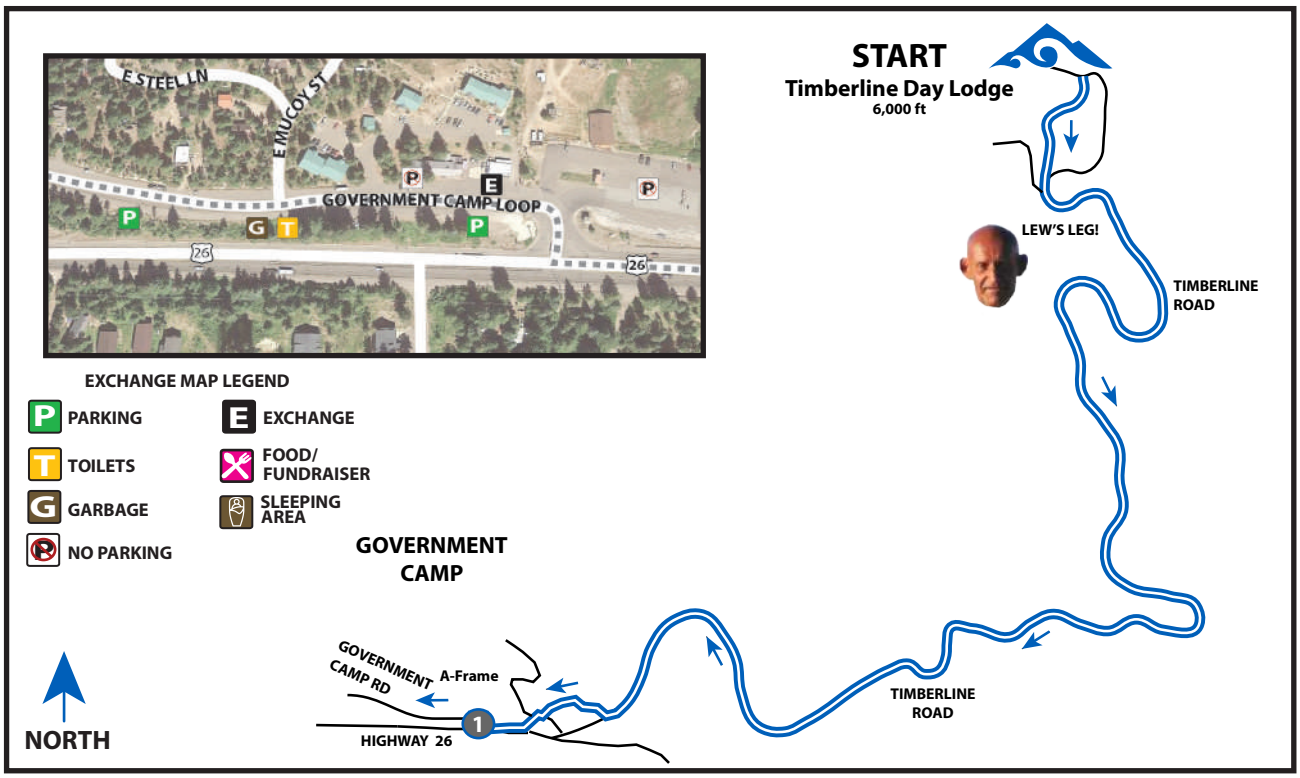
VAN 1 5.44 MI | VERY HARD

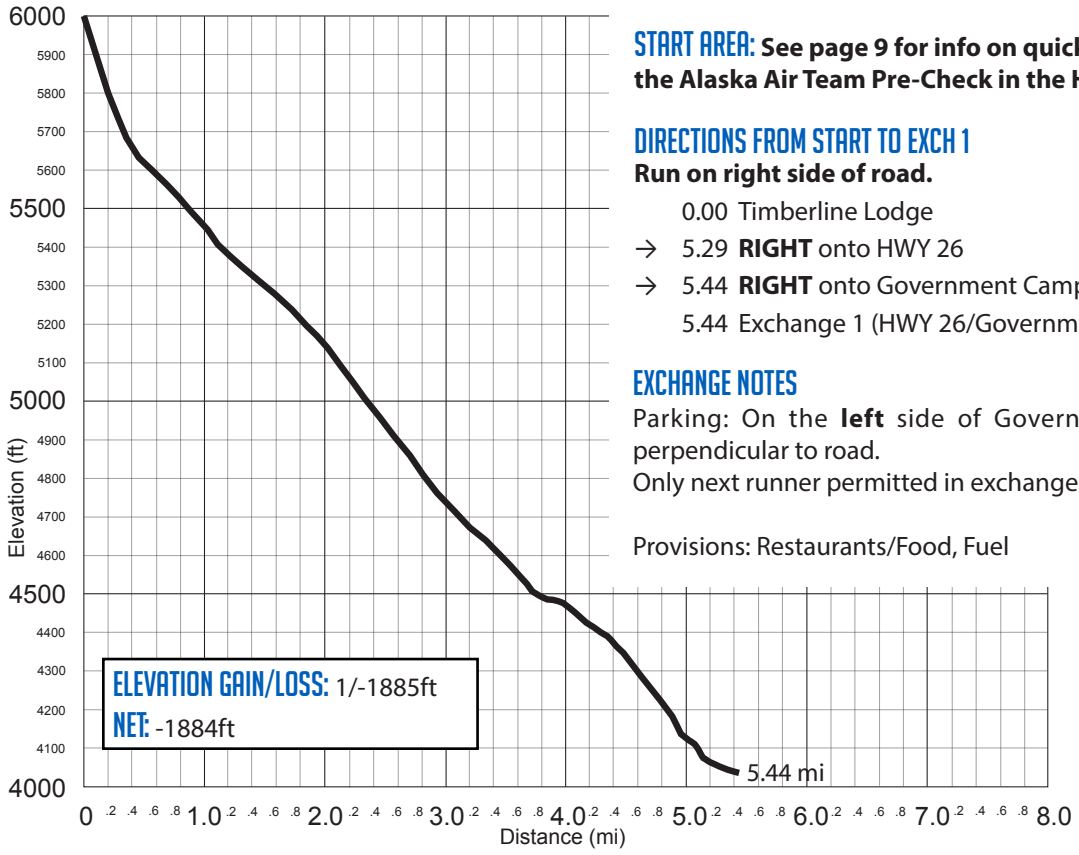
LEG DESCRIPTION: Severe downhill on paved Timberline Road.

EXCH 1 ADDRESS: Near HWY 26 Shoulder & Government Camp, A Frame OR 97028

GPS: 45.302092, -121.744277

NOTES: VANS NOT ALLOWED TO STOP ON THIS LEG.





ELEVATION GAIN/LOSS: 1/-1885ft
NET: -1884ft

START AREA: **See page 9 for info on quick Start Area check-in via the Alaska Air Team Pre-Check in the Hood To Coast App.**

DIRECTIONS FROM START TO EXCH 1

Run on right side of road.

0.00 Timberline Lodge
→ 5.29 **RIGHT** onto HWY 26
→ 5.44 **RIGHT** onto Government Camp Loop
5.44 Exchange 1 (HWY 26/Government Camp Loop)

EXCHANGE NOTES

Parking: On the **left** side of Government Camp Loop. Park perpendicular to road.
Only next runner permitted in exchange zone.

Provisions: Restaurants/Food, Fuel

NAMED AFTER: ANGELA P.

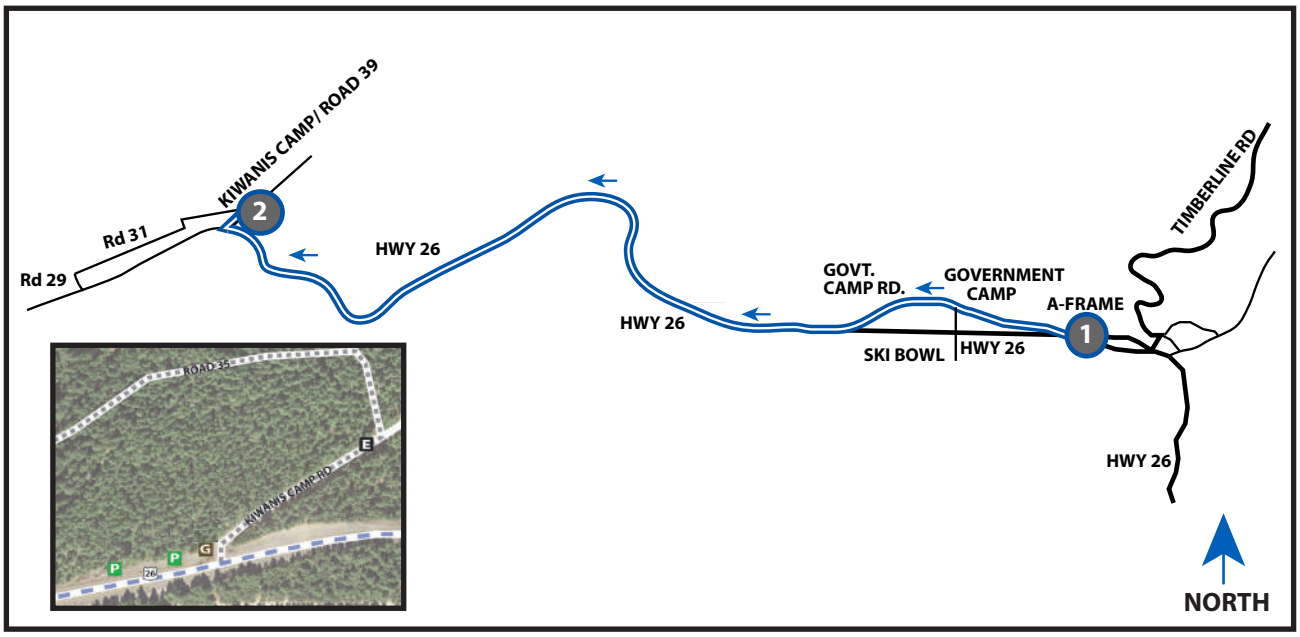
2 VAN 1 5.64 MI | HARD

LEG DESCRIPTION: Severe downhill through Government Camp on HWY 26; paved street and shoulder.

EXCH 2 ADDRESS: Kiwanis Camp Rd/HWY 26 Government Camp, OR 97028

GPS: 45.31068, -121.836655

NOTES: No stopping in "Truck Escape" ramp (traffic fines). No stopping on left side of HWY 26 to water runners.



EXCHANGE NOTES

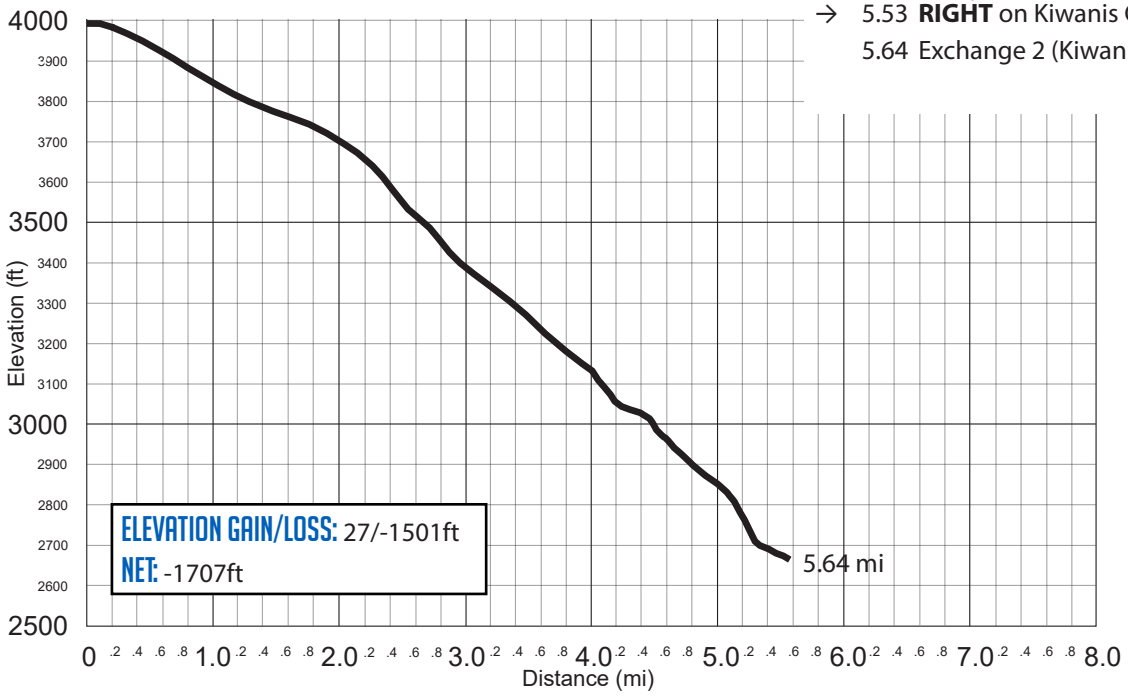
Parking: Follow volunteer instructions for parking to the right. Only park AFTER exchange. Please angle park, no parallel parking.

Provisions: No
Fuel: No

DIRECTIONS FROM EXCH 1 TO EXCH 2

Run on right side of road.

	0.00	Exchange 1 (HWY 26/Government Camp Loop)
→	1.26	**RIGHT** on Government Camp Rd entrance onto HWY 26
↑	4.14	Truck Escape Ramp (No van stopping, traffic fines)
→	5.53	**RIGHT** on Kiwanis Camp Rd/Rd 39
	5.64	Exchange 2 (Kiwanis Camp Rd/ Rd 39)



VAN 1 — 4.66 MI | EASY

NAMED AFTER: JIM S.

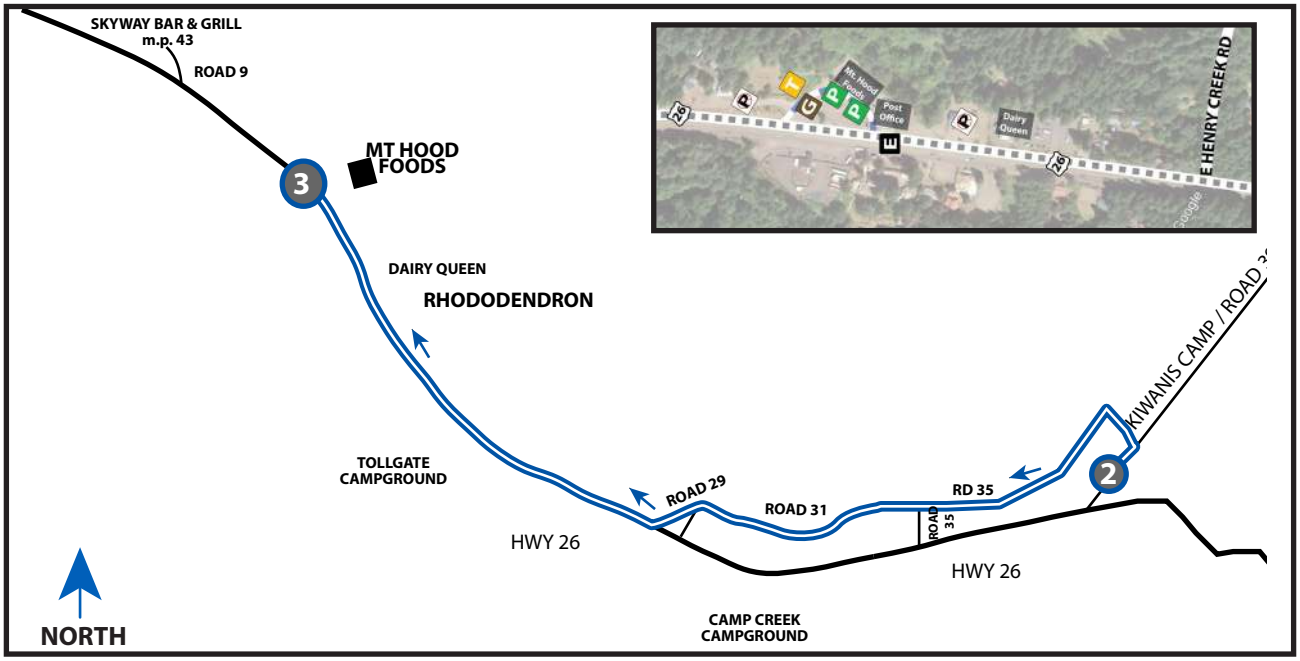
3

LEG DESCRIPTION: Gradual downhill into Rhododendron along Forest Service Roads and HWY 26 on paved shoulder.

EXCH 3 ADDRESS: Mt. Hood Foods 73265 E HWY 26 Rhododendron, OR 97049

GPS: 45.32878, -121.910106

NOTES: No stopping on left side of HWY 26 to water runners.



EXCHANGE NOTES

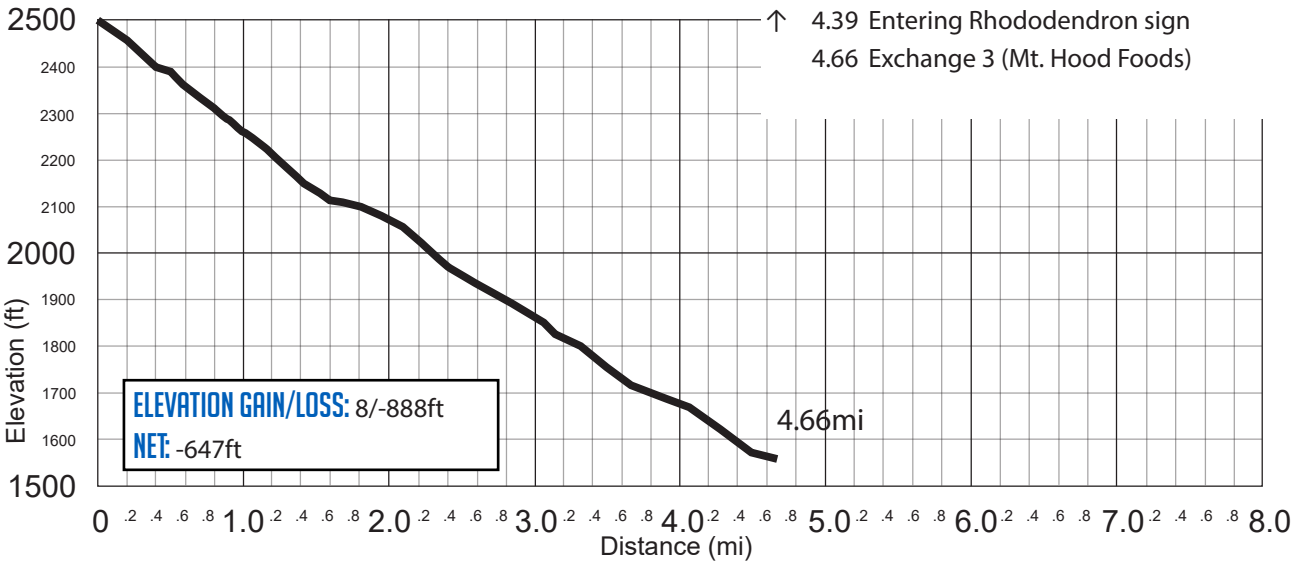
Parking: In Mt. Hood Foods lot.
Only next runner permitted in exchange zone.

Provisions: Restaurants/Grocery
Fuel: No (Nearest fuel in Welches - Leg 4)

DIRECTIONS FROM EXCH 2 TO EXCH 3

Run on right side of road.

	0.00	Exchange 2 (Kiwanis Camp Rd/ Rd 39)
←	0.08	**LEFT** onto Forest Trail
↑	0.73	Continue onto Rd 35
↑	1.51	Continue onto Rd 31
↑	2.26	Stay **STRAIGHT** on Rd 29
→	2.69	**RIGHT** on HWY 26
↑	4.12	Tollgate Campground
↑	4.39	Entering Rhododendron sign
	4.66	Exchange 3 (Mt. Hood Foods)



NAMED AFTER: BRUCE F.

4

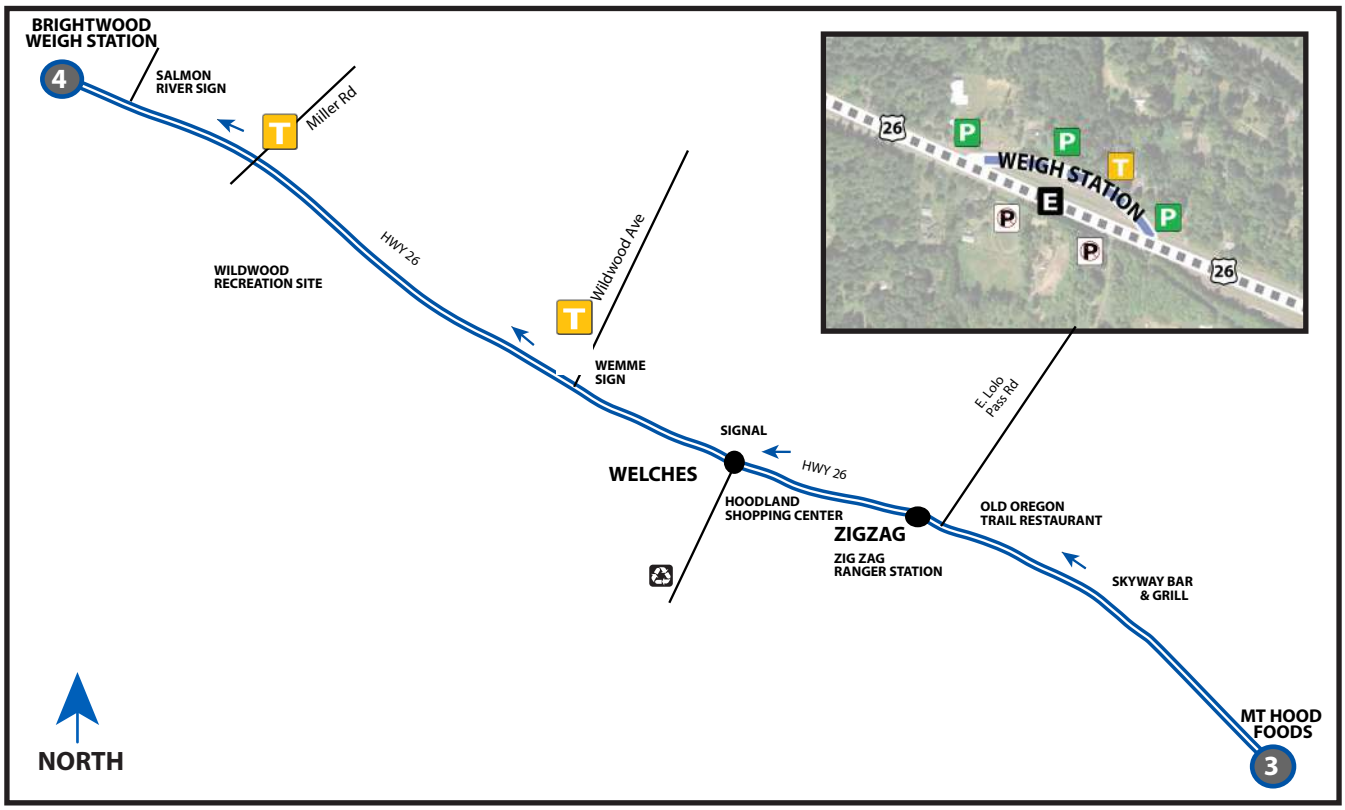
VAN 1 — 7.18 MI | MODERATE

LEG DESCRIPTION: Gradual downhill from Rhododendron along HWY 26 on paved shoulder.

EXCH 4. ADDRESS: Near East Sleepy Hollow Dr/HWY 26 Sandy, OR 97055 m.p. 36.5

GPS: 45.3777, -122.039235

NOTES: No stopping on left side of HWY 26 to water runners.



EXCHANGE NOTES

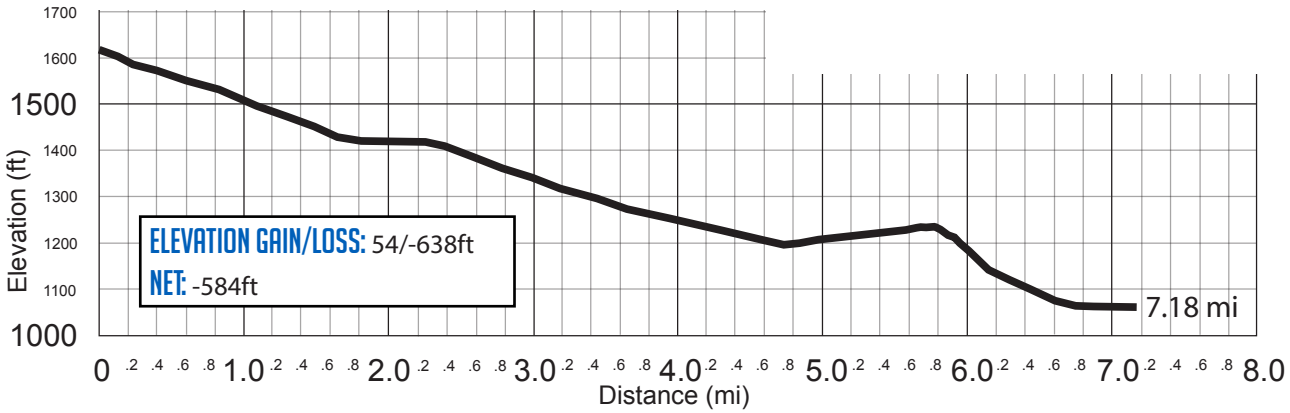
Parking: In Brightwood Weigh Station on the right side of HWY 26. Only next runner permitted in exchange zone.

Provisions: No (Food at Mt. Hood Village)
Fuel: No (Fuel at Mt. Hood Village)

DIRECTIONS FROM EXCH 3 TO EXCH 4

Run on right side of road.

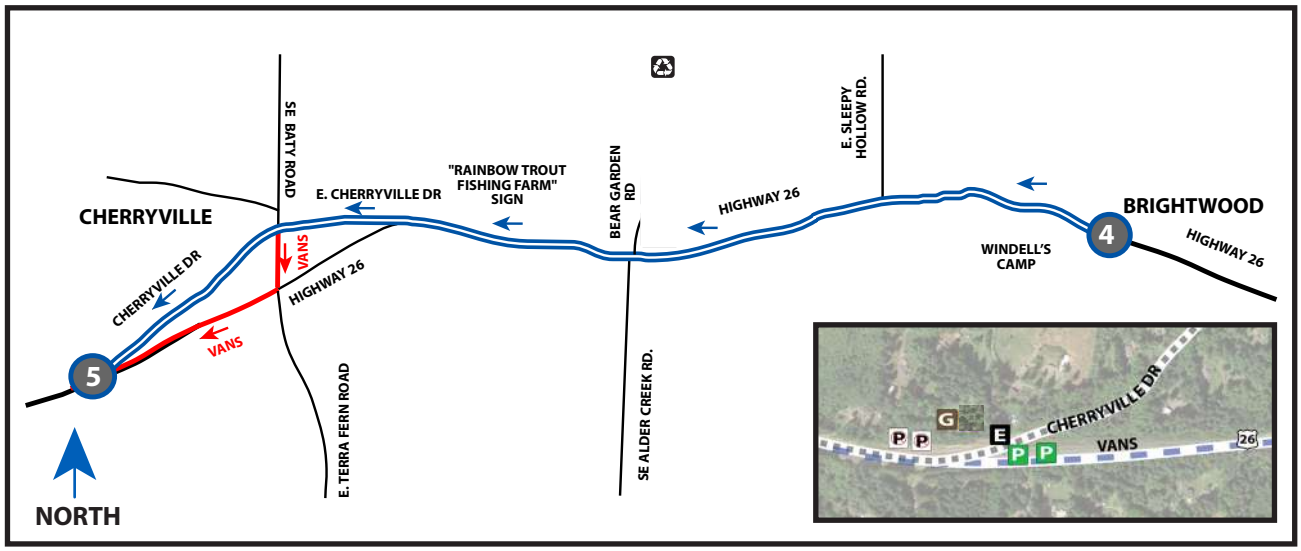
	0.00	Exchange 3 (Mt. Hood Foods)
↑	1.13	Skyway Bar & Grill
↑	1.79	Zig Zag Ranger Station
↑	2.90	Signal in Welches
↑	3.34	Wemme sign
↑	4.70	Mt. Hood Village
↑	6.14	Salmon River Sign
	7.18	Exchange 4 (Brightwood Weigh Station)



NAMED AFTER: PAT C.

VAN 1 6.05 MI | VERY HARD

LEG DESCRIPTION: Long leg over very challenging rolling hills along Hwy 26 shoulder.
EXCH 5. ADDRESS: SE Cherryville Drive/HWY 26 Sandy, OR 97055 m.p. 30.6
GPS: 45.366529, -122.155008
NOTES: No stopping on left side of HWY 26 to water runners.



DRIVER NOTES

The **RIGHT** lane of HWY 26 is closed to all other motorists to allow use for HTC vans only. Proceed slowly along the cone barrier to park along the right shoulder at the direction of race officials.

Vans must turn **RIGHT** onto E Cherryville Dr (before exchange).
Proceed on Cherryville Dr and turn **LEFT** onto Baty Rd.
Turn **RIGHT** onto HWY 26.

EXCHANGE NOTES

Parking: Use right lane of HWY 26 and park along the shoulder.
Only next runner permitted in exchange zone.
For safety, team members must stay in van at Exch 5.

Provisions: No
Fuel: No (Nearest fuel - Leg 6 (Shorty's Corner))

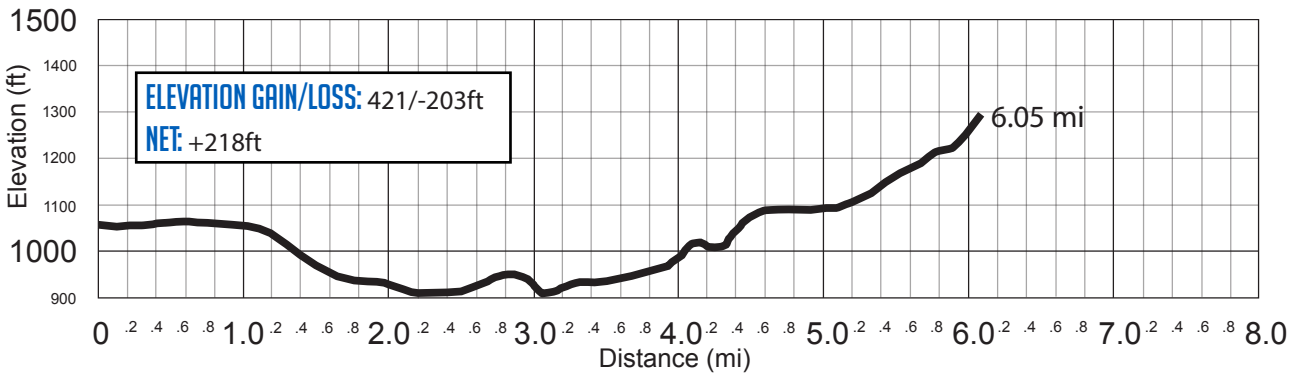
DIRECTIONS FROM EXCH 4 TO EXCH 5

Run on right side of road.

	0.00	Exchange 4 (Brightwood Weigh Station)
↑	0.29	Sleepy Hollow Rd / HWY 26
↑	0.61	Windells Motel
↑	3.11	Ivy Bear
↑	3.59	E. Sylvan Dr / HWY 26
→	3.85	**RIGHT** onto Cherryville Drive
↑	5.00	Baty Rd. / Cherryville Dr
	6.05	Exchange 5 (Cherryville Dr/HWY 26)

PAY CLOSE ATTENTION TO RACE OFFICIALS AT EXCHANGE 5!

Obey traffic laws. Police will be present.



NAMED AFTER: DENISE C.

MAJOR VAN EXCHANGE

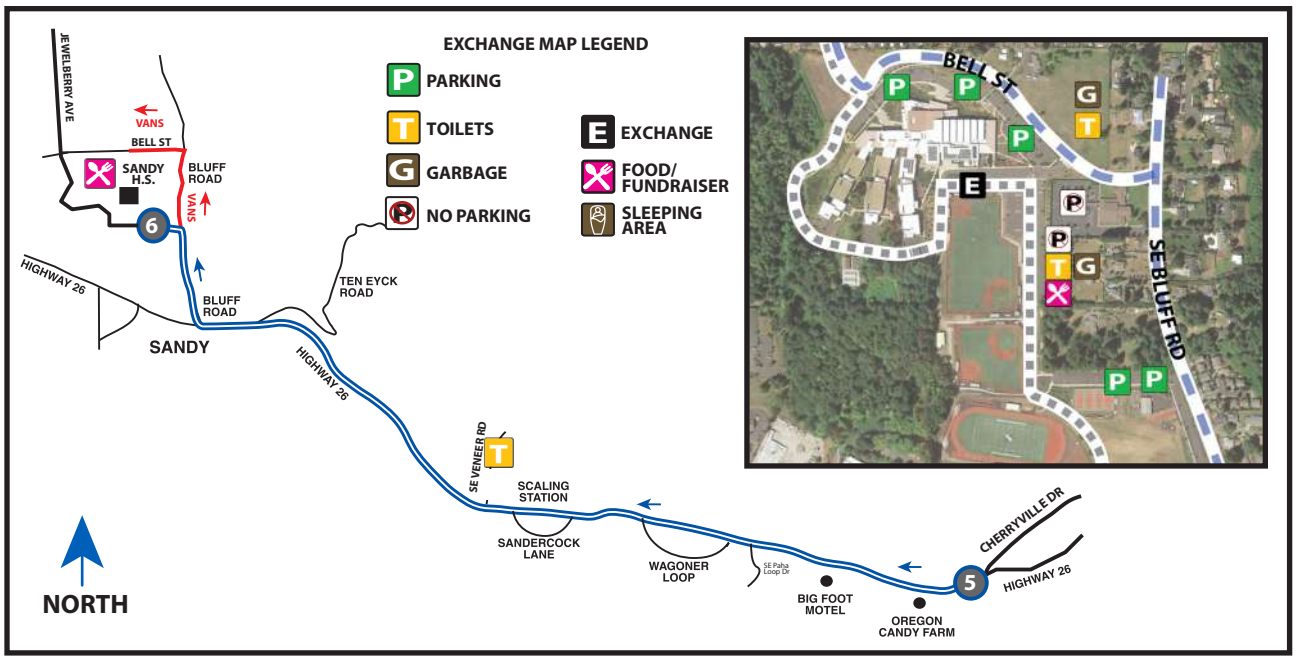
6

VAN 1 &2 7.10 MI | HARD

LEG DESCRIPTION: Challenging gains in elevation and gradual downhills along HWY 26 on paved shoulder.

EXCH 6 ADDRESS: Sandy High School 37400 Bell St, Sandy, OR 97055

GPS: 45.405721, -122.276866



DRIVER NOTES - PARKING

VAN 2 Parking: South lot off of Bluff Rd near soccer field.
VAN 1 Parking: North lot off of Bell St.

DRIVER NOTES - EXITING EXCH 6

Exit north via Bell St Turn **RIGHT** onto SE Jewelberry Ave.

Van 2 - Turn **LEFT** onto Kelso Rd and continue following Leg 7 route.
Van 1 - route to NEW Exchange 12 adjacent to Tilikum Crossing Bridge (nearest address: 2201 SE Water Ave, Portland, OR 97214

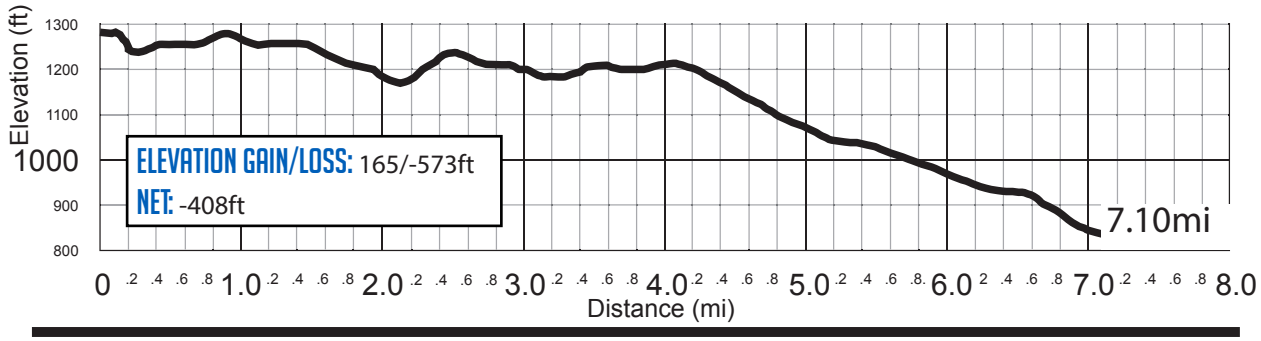
DIRECTIONS FROM EXCH 5 TO EXCH 6

Run on right side of road.

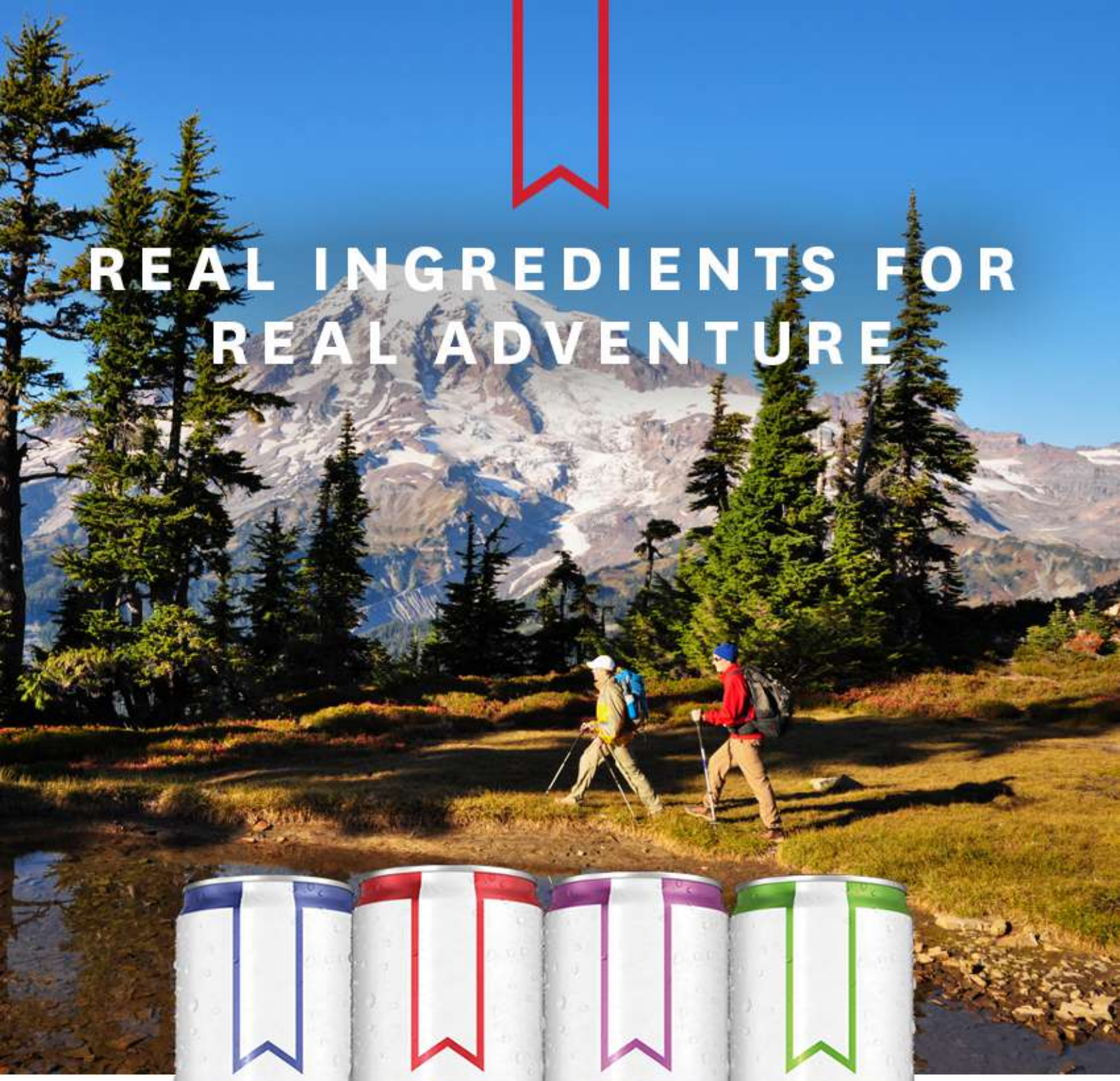
	0.00	Exchange 5 (Cherryville Dr/HWY 25)
↑	0.48	Oregon Candy Farm
↑	2.11	SE Paha Loop Dr
↑	3.58	Shorty's Corner
↑	4.08	Calamity Jane's
→	6.35	**RIGHT** onto Bluff Rd/HWY 26 (cross w/ siderun light to west side of Bluff Rd shoulder)
←	6.85	**LEFT** in to Exchange 6, west of Bluff Rd
	7.10	Exchange 6 (near Sandy HS Tennis Courts)

EXCHANGE NOTES

Provisions: Restaurants/Grocery nearby
Fuel: Multiple fuel stations nearby



REAL INGREDIENTS FOR REAL ADVENTURE



ENJOY RESPONSIBLY

©2022 Anheuser-Busch, Michelob Ultra Organic Seltzer, Mulberry, Watermelon, Strawberry Guava, Berry Hibiscus, & Kiwi Lime, St. Louis, MO 63118

Kristina Young, M.D., Ph.D., cancer researcher,
radiation oncologist, wife, mom, boxer

WHAT DOES IT TAKE TO

#FINISHCANCER?

Bright and talented individuals like

Dr. Kristina Young.

She and her team of determined researchers at Providence Cancer Institute are giving it their all, advancing care through clinical trials and groundbreaking treatments like immunotherapy and MRI-guided radiation therapy.

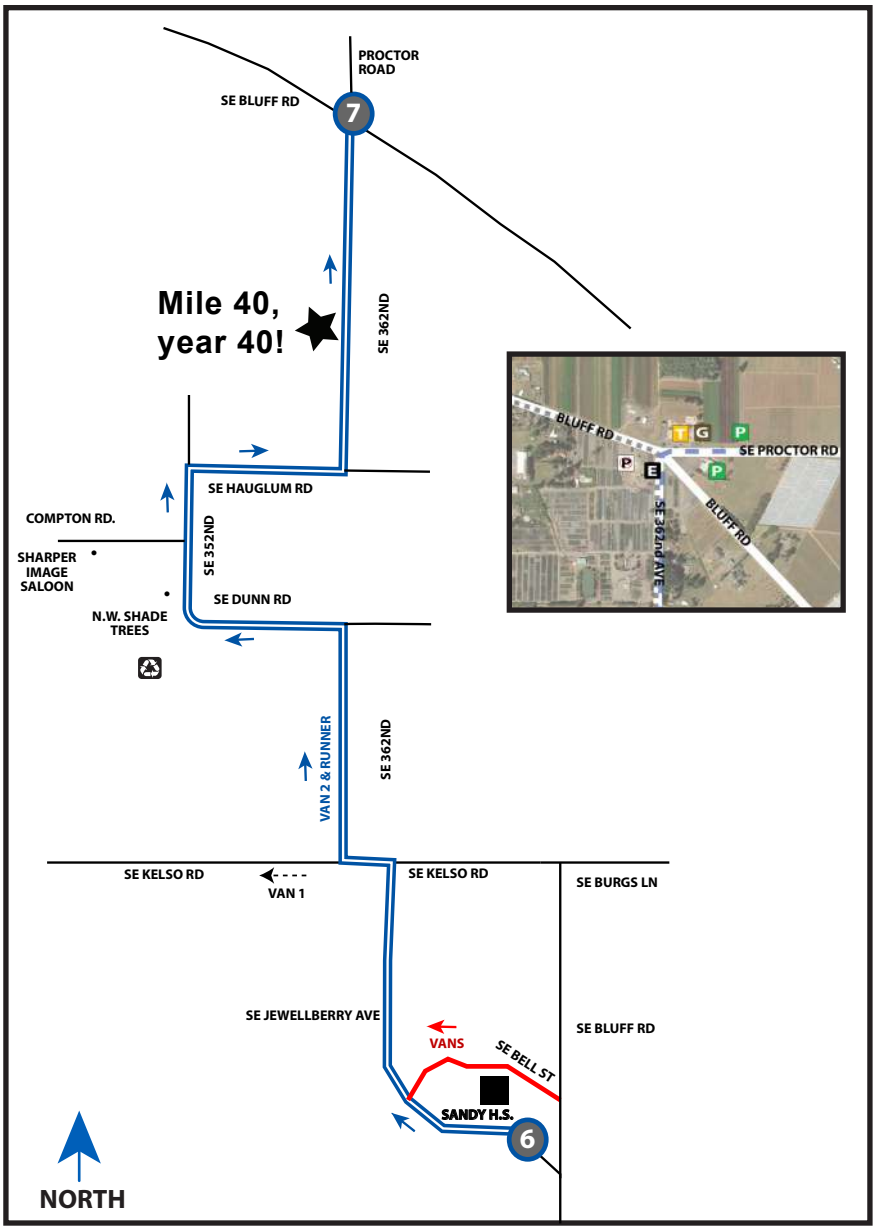
#FINISHCANCER | FINISHCANCER.ORG/OREGON

PROVIDENCE
Cancer Institute

NAMED AFTER: SCOTT T.

VAN 2 — 5.25 MI | MODERATE

LEG DESCRIPTION: Rolling hills along HWY 26 on paved shoulder and farm/country roads.
EXCH 7 ADDRESS: 36225 SE Proctor Road Boring, OR 97009
GPS: 45.453705, -122.290537
NOTES: Please do not mark turns on roads



DIRECTIONS FROM EXCH 6 TO EXCH 7

Run on left side of the road for this leg.

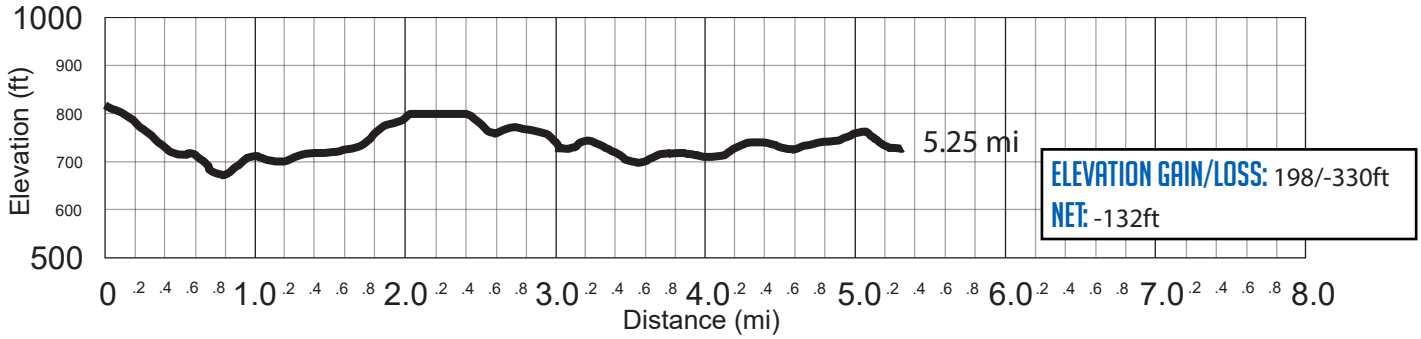
	0.00	Exchange 6 (near Sandy HS Tennis Courts)
←	0.72	**LEFT** onto Jewelberry Ave
←	1.52	**LEFT** onto SE Kelso Rd
→	2.17	**RIGHT** onto SE 362nd Ave
←	2.90	**LEFT** onto SE Dunn Rd
→	3.39	**RIGHT** onto SE 352nd
↑	3.64	SE 352nd/Compton Rd intersection
→	3.88	**RIGHT** onto Hauglum Rd
←	4.38	**LEFT** onto SE 362nd
	5.25	Exchange 7 (Bluff Rd/Proctor Rd/362nd)

Get your picture at mile 40 in year 40 to celebrate the anniversary of Hood To Coast!

EXCHANGE NOTES

Parking: In Oregon Trail Primary Academy lot and adjacent lot.

Provisions: No
Fuel: No (nearest fuel - Sandy)



ELEVATION GAIN/LOSS: 198/-330ft
NET: -132ft

VAN 2

6.00 MI | EASY

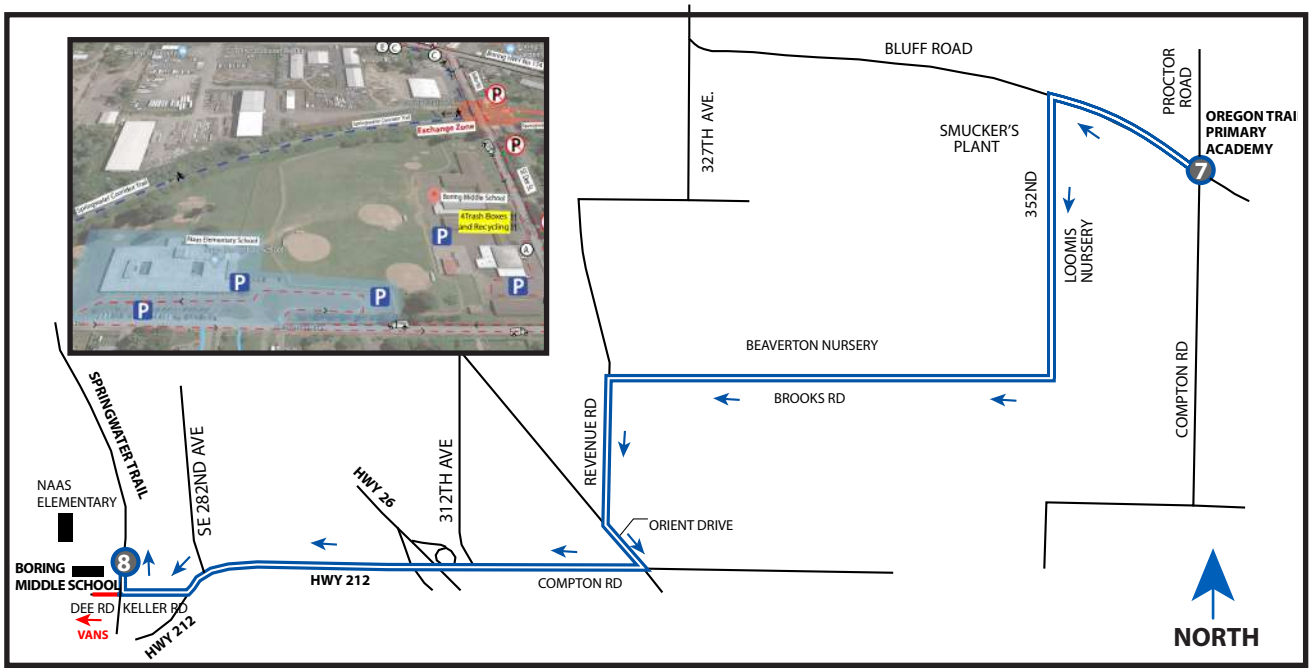
NAMED AFTER: JERRY D.

LEG DESCRIPTION: Downhill and rolling terrain along country roads and limited paved shoulder.

EXCH 8 ADDRESS: 27801 SE Dee St, Boring, OR 97009

GPS: 45.43217, -122.375395

NOTES: Beware of sharp turns at Bluff Rd/352nd, Orient Drive/Compton Road, and crossing overpass of HWY 26.



DIRECTIONS FROM EXCH 7 TO EXCH 8

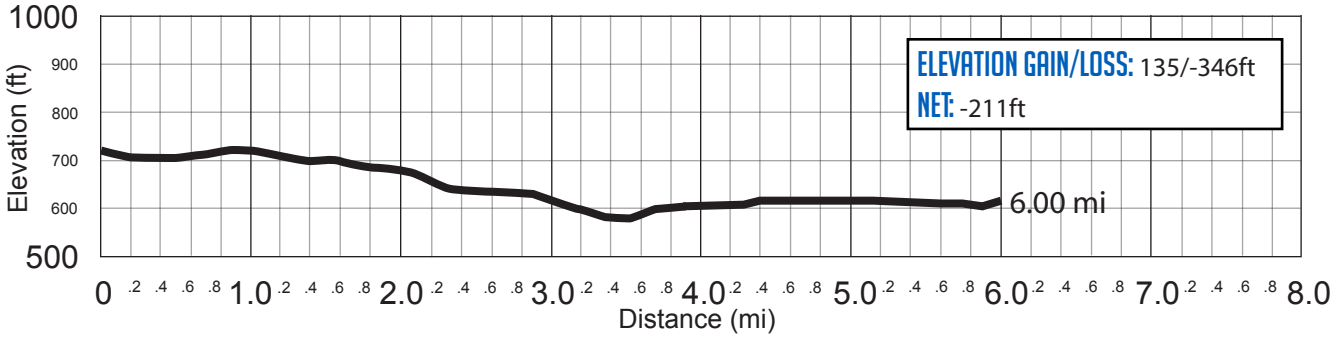
Run on left side of road until turning right on Compton Rd. Run on right side of the road for the remainder of the leg.

0.00 Exchange 7 (Bluff Rd/Proctor Rd/362nd)
← 0.54 **LEFT** onto 352nd
↑ 1.20 352nd Ave/Calico Rd
→ 1.70 **RIGHT** onto Brooks Rd
← 3.20 **LEFT** onto Revenue Rd
← 3.57 **LEFT** onto Orient Dr
→ 3.72 **RIGHT** onto Compton Rd
↑ 4.25 Compton Rd/312th Ave (Compton Rd becomes HWY 212)
↑ 5.77 HWY 212/SE 282nd Ave
→ 5.88 **RIGHT** onto Keller Rd
6.00 Exchange 8 (Dee St/Springwater Trail)

EXCHANGE NOTES

Parking: At Boring Middle School and Naas Elementary (on Dee St, adjacent to HWY 212 & Springwater Trail). Proceed as directed by exchange volunteers.

Provisions: Restaurants on HWY 212
Fuel: Yes, on HWY 212



NAMED AFTER: BILL F.

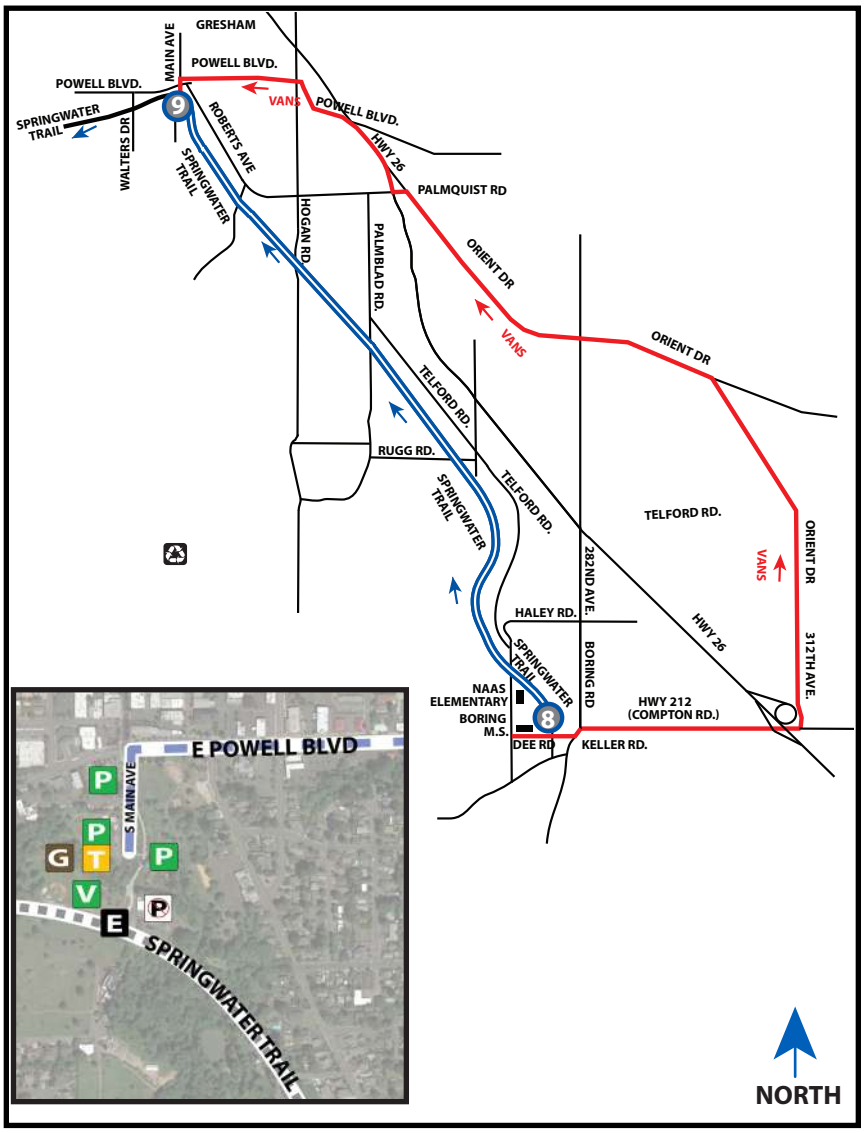
VAN 2 5.38 MI | MODERATE

LEG DESCRIPTION: Long leg over relatively flat terrain primarily on Springwater Trail.

EXCH 9 ADDRESS: (approx.) East Gresham Park 219 S. Main Ave Gresham, OR 97030

GPS: 45.495413, -122.431662

NOTES: HTC/Springwater Bike Patrol on trail in evening (begins at 7pm). Runner on Springwater Trail for 5.38 miles with nearly no access by vans. Water will not be provided. Plan ahead and pack your own water if needed.



DIRECTIONS FROM EXCH 8 TO EXCH 9

	0.00	Exchange 8 (Dee St/Springwater Trail)
↑	0.67	Cross over Haley Rd
↑	0.97	Cross bridge over Telford Rd
↑	2.12	Cross over Rugg Rd
↑	4.02	Cross over Hogan Rd
↑	4.62	Cross over Regner Rd
	5.38	Exchange 9 (East Gresham Park/ Springwater Trail)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE

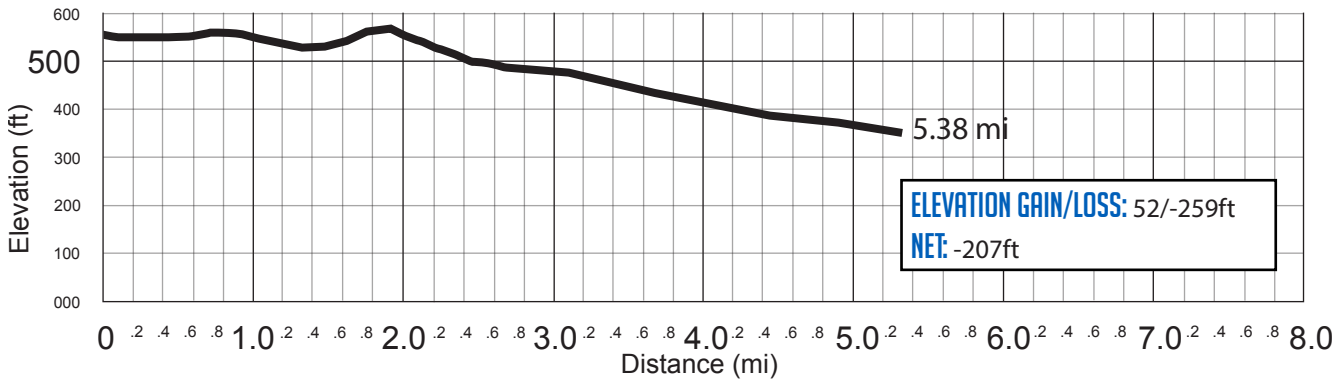
	0.00	Exchange 8 (Dee St/Springwater Trail)
↑	0.00	Continue east on Dee St
←	0.2	Turn **LEFT** onto HWY 212
←	1.8	Turn **LEFT** onto SE 312th Ave
←	2.6	Slight **LEFT** onto Orient Dr
←	7.1	Turn **LEFT** onto Palmquist Rd
→	7.1	Turn **RIGHT** onto HWY 26 (for Portland)
←	7.7	Turn **LEFT** onto E Powell Blvd
←	9.0	Turn **LEFT** onto S Main Ave
		Exchange 9 (East Gresham Park/ Springwater Trail)

EXCHANGE NOTES

Parking: At East Gresham Park.

Provisions: Restaurants/Grocery in downtown Gresham

Fuel: Yes, in downtown Gresham



VAN 2 5.54 MI | MODERATE

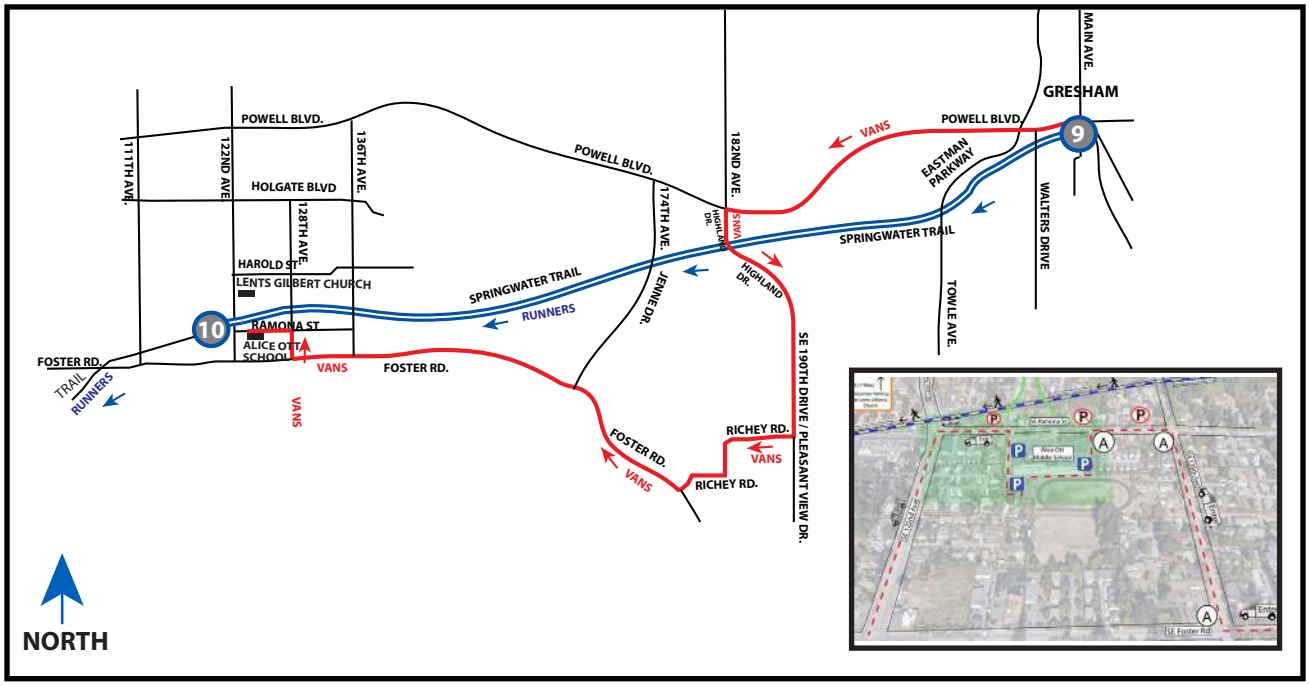
NAMED AFTER: KIRK H.

LEG DESCRIPTION: Leg entirely along Springwater Trail with relatively rolling and flat terrain.

EXCH 10 ADDRESS: 5764 SE 122nd Ave, Portland, OR 97236

GPS: 45.480313, -122.53798

NOTES: HTC/Springwater Bike Patrol on trail in evening. (begins at 7pm). Limited van access to runner. Water will not be provided. Plan ahead and pack your own water



DIRECTIONS FROM EXCH 9 TO EXCH 10

	0.00	Exchange 9 (East Gresham Park/ Springwater Trail)
↑	0.31	Cross over 7th St
↑	0.85	Cross bridge over Towel Ave/Eastman Pkwy
↑	1.81	Cross over Pleasant View Dr
↑	2.70	Cross over SE 174th Ave/Jenne Rd
↑	4.74	Cross over 136th Ave
↑	5.16	Cross over 128th Ave
↑	5.50	Cross over 122nd Ave
	5.54	Exchange 10 (Springwater Trail near Alice Ott School)

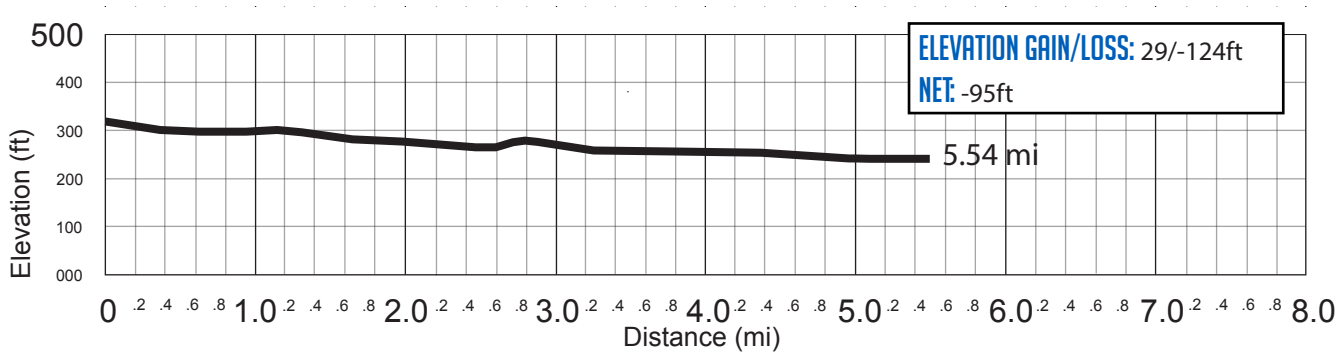
DRIVER NOTES - VANS DO NOT FOLLOW COURSE

	0.00	Exchange 9 (East Gresham Park/ Springwater Trail)
↑	0.00	Continue west on Powell Blvd
←	2.4	Turn **LEFT** onto SW Highland Dr
←	3.1	Continue onto SW Pleasant View Dr
←	3.8	Continue onto SE 190th Dr
→	4.1	Turn **RIGHT** onto SE Richey Rd
→	5.0	Turn **RIGHT** onto SE Foster Rd
→	7.8	Turn **RIGHT** onto SE 128th Ave
←	8.0	Turn **LEFT** onto SE Ramona St
	8.2	Exchange 10 Parking (Alice Ott School)

EXCHANGE NOTES

Parking: At Alice Ott School. Team members exit parking lot and turn left onto SE Ramona St then right on 122nd to get to the exchange.

Provisions: Restaurants on Foster Rd
Fuel: Yes, on Foster Rd

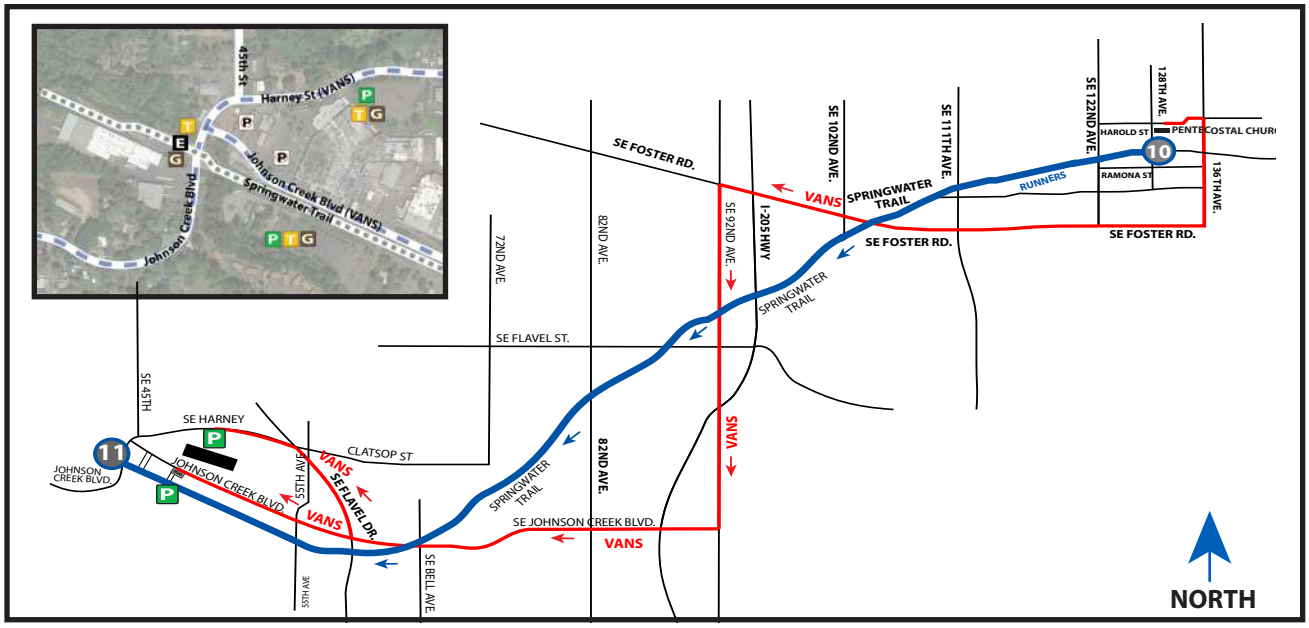


NAMED AFTER: KEVIN H.

VAN 2

5.00 MI | EASY

LEG DESCRIPTION: Leg on Springwater Trail with relatively rolling and flat terrain.
EXCH 11 ADDRESS: 4401 SE Johnson Creek Blvd Portland, OR 97222v
GPS: 45.461816, -122.617121
NOTES: HTC/Springwater Bike Patrol on trail in evening (begins at 7pm).



DIRECTIONS FROM EXCH 10 TO EXCH 11

0.00 Exchange 10 (near Alice Ott School)
↑ 1.90 Cross over SE Foster Rd
↑ 2.37 Cross over 82nd Ave
↑ 3.28 Cross over Johnson Creek Blvd/Bell Ave
↑ 3.84 Cross over Flavel Dr/Linwood Ave
5.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE

0.00 Exchange 10 (Springwater Trail near Alice Ott School)
← 0.00 Turn **LEFT** out of parking onto Ramona St
← 0.05 Turn **LEFT** onto SE 122nd
→ 0.25 Turn **RIGHT** onto SE Foster Rd
← 1.75 Turn **LEFT** to merge onto I-205 S via ramp to Salem/Oregon City
→ 3.15 **EXIT** 16 for Johnson Creek Blvd
→ 3.35 Turn **RIGHT** onto SE Johnson Creek Blvd

UPPER PARKING LOT OPTION

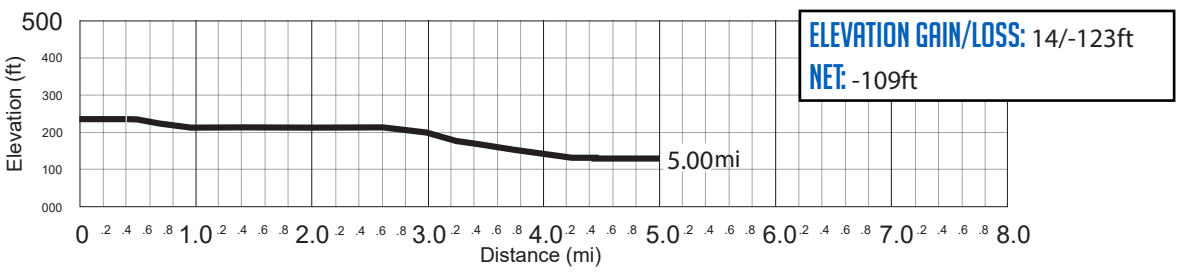
→ 4.65 Turn **RIGHT** onto SE Flavel Dr
← 5.05 Turn **LEFT** onto SE Harney Dr for 0.5mi to upper lot of Precision CastParts

LOWER PARKING LOT OPTION

↑ 4.65 Continue on Johnson Creek Blvd
← 5.45 Turn **LEFT** to park in lot adjacent to Springwater Trail
Exchange 11 (Springwater Trail near 45th Ave/Johnson Creek Blvd)

EXCHANGE NOTES

Upper Parking: Precision CastParts lot on SE Harney Drive
Lower Parking: Lot south of Springwater Trail/Johnson Creek Blvd
Provisions: Restaurants/Convenient Store
Fuel: No (nearest fuel SE 82nd Ave near Fred Meyer)



ELEVATION GAIN/LOSS: 14/-123ft
NET: -109ft

MAJOR VAN EXCHANGE

VAN 2&1 — 6.26 MI | MODERATE

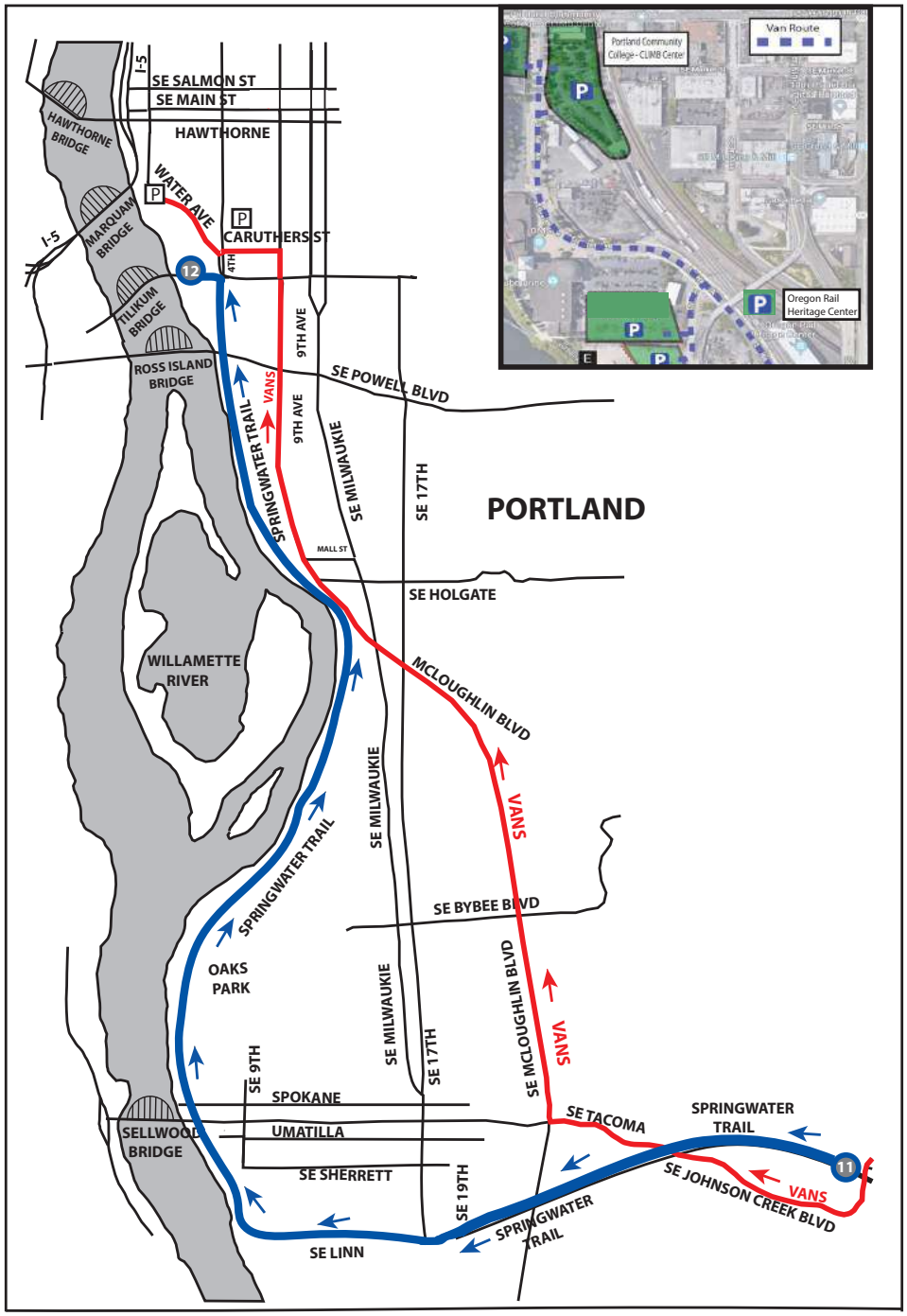
NAMED AFTER: BECKY H.

LEG DESCRIPTION: Mostly flat with a few rolling hills, trail and paved city streets.

EXCH 12 ADDRESS: OMSI Gravel Lot at the End of SE 2nd Place, Portland 97214

GPS: 45°30'24.18"N 122°39'51.49"W

NOTES: HTC/Springwater Bike Patrol on trail in evening (begins at 7pm).



DIRECTIONS FROM EXCH 11 TO EXCH 12

	0.00	Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)
→	1.43	Turn RIGHT Towards SE 19th Ave
←	1.45	Turn LEFT onto SE Linn St.
↑	1.57	Continue Straight through SE 17th Ave
↑	1.86	Continue Straight through SE 13th Ave
←	2.05	Turn Right onto the Springwater Trail
↑	5.55	Continue Straight onto SE 4th Ave
←	5.62	Turn LEFT onto Caruthers St
→	5.74	Slight RIGHT onto Eastbank Esplanade
	6.26	Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE

	0.00	Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)
↑	0.00	Continue on Johnson Creek Blvd
→	0.8	Turn RIGHT onto SE 32nd Ave/Tacoma St
↑	1.1	Continue on SE Tenino St
→	1.2	Turn RIGHT onto McLoughlin Blvd/99E
	4.1	McLoughlin Blvd becomes Grand Ave
←	5.0	Turn LEFT onto Main St
←	5.2	Turn LEFT or RIGHT on Water Ave for parking
	6.2	Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)

EXCHANGE NOTES:

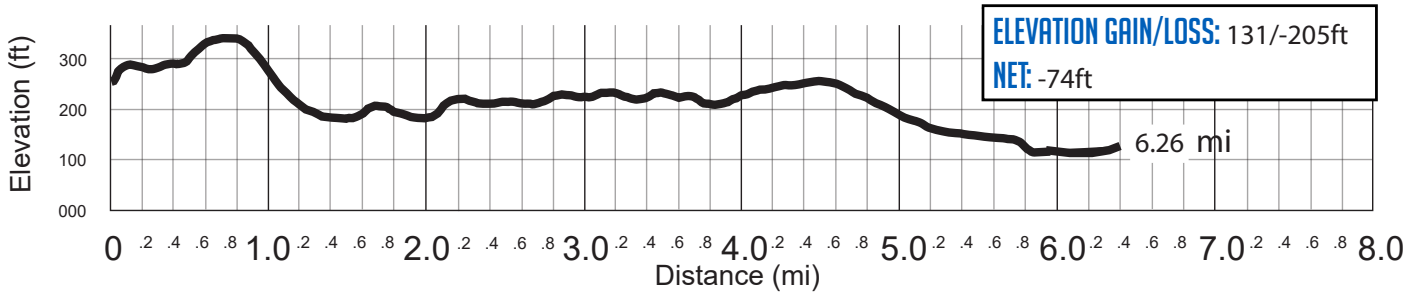
Parking:

-Parking lot near SE 2nd Place/ Tilikum Bridge

-PCC CLIMB Center- 1626 SE Water Ave, Portland, OR 97214

-River East Center (1515 SE Water Ave)

-Oregon Rail Heritage Center(1-5 PM Friday only), 2250 SE Water Ave

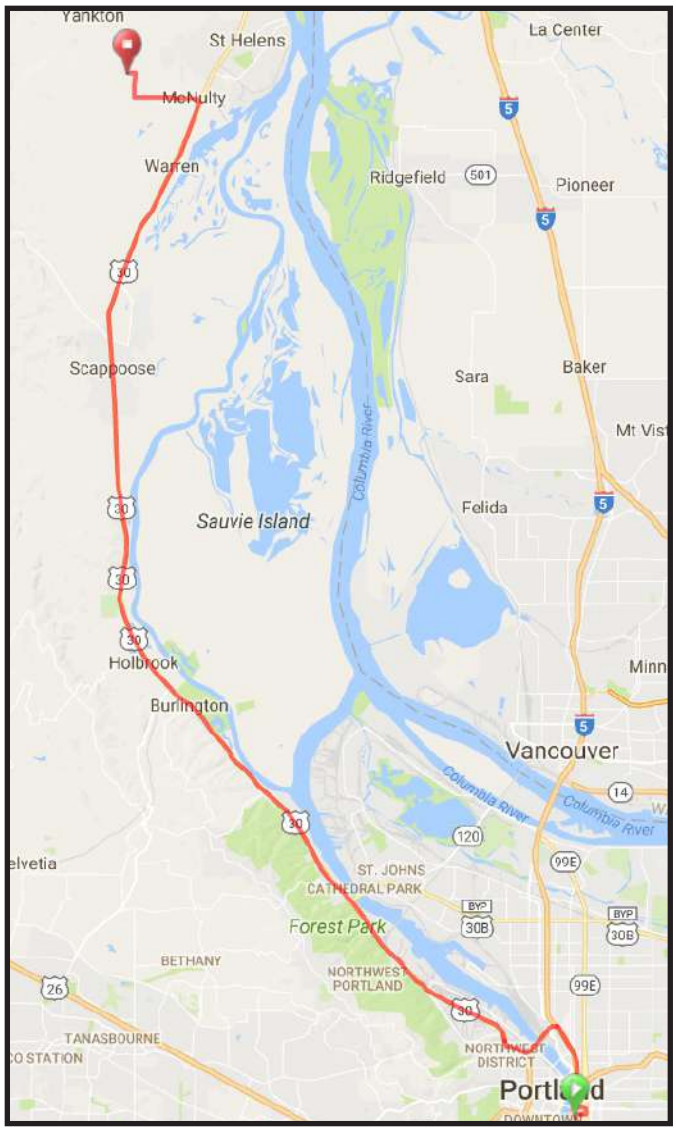


ELEVATION GAIN/LOSS: 131/-205ft

NET: -74ft

VAN 2 ROUTE TO EXCHANGE 18

THE MAP BELOW DETAILS THE ROUTE VAN 2 SHOULD FOLLOW TO EXCHANGE 18.
BE CAUTIOUS OF RUNNERS/RunnerS ON HWY 30.



VAN 2 DIRECTIONS FROM EXCH 12 TO EXCH 18

Exchange 12 (Waterfront)

← **LEFT** onto Water Ave

→ **RIGHT** onto SE Taylor St

← **LEFT** onto SE Grand Ave

← **LEFT** onto SE Morrison Bridge

→ **RIGHT** at the fork, follow signs for I-5N

↑ Merge onto I-5N

→ Take exit 302B on the **RIGHT** for US-30W towards I-405W

↑ Merge onto I-5N

↑ Take exit 3 for US-30 W towards St. Helens and continue on US-30 for 25 miles

← **LEFT** onto Achilles Rd

→ **RIGHT** on N Morse Rd

← **LEFT** on Millard Rd

→ **RIGHT** onto S Bachelor Flat Rd

← **LEFT** onto Saulser Rd and proceed to Exch 18 van parking at Columbia Co. Fairgrounds

VAN 1

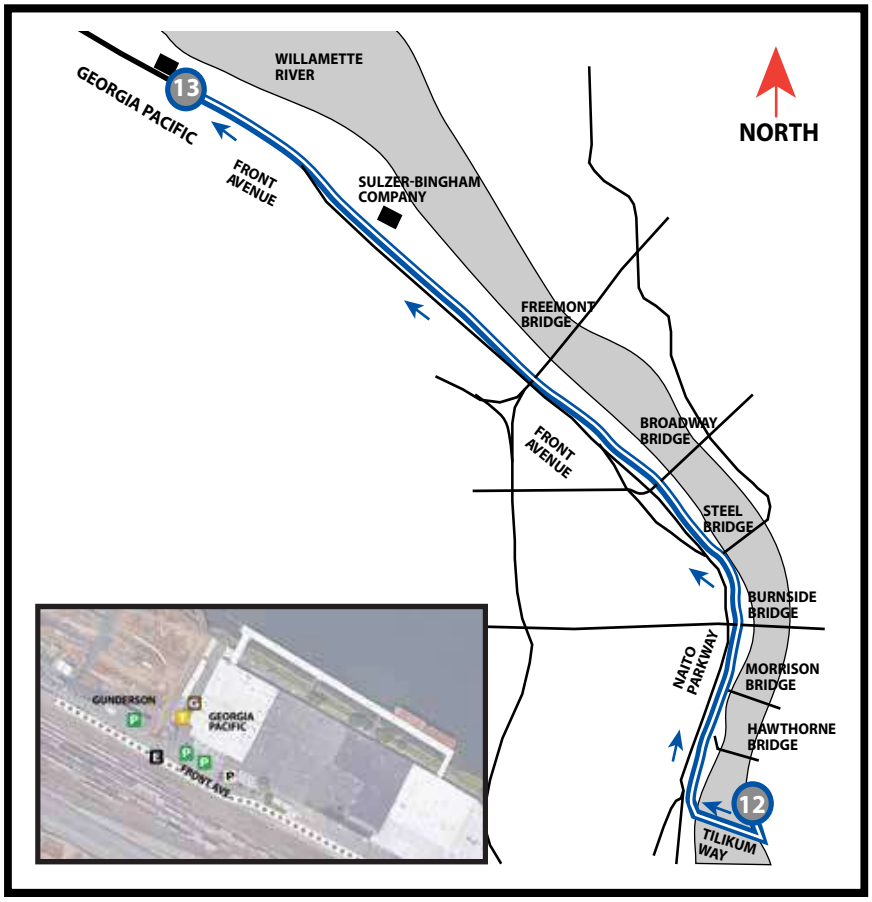
5.21 MI | EASY

NAMED AFTER: STEVE H.

LEG DESCRIPTION: Slight incline over the Tilikum Crossing followed by flat terrain alongside the Willamette River, Portland Waterfront and paved city streets.

EXCH 13 ADDRESS: Georgia Pacific 3838 NW Front Ave Portland, OR 97210

GPS: 45.551924, -122.715139



DIRECTIONS FROM EXCH 12 TO EXCH 13

Run on right side of the road.

0.00 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)

← 0.10 Turn **LEFT** onto the Tilikum Crossing walkway

→ 0.14 Turn **RIGHT** onto the Tilikum Crossing

→ 0.61 Turn **RIGHT** onto SW Bond Ave

→ 0.83 Merge **RIGHT** onto Waterfront Park Trail

1.58 Hawthorne Bridge

1.81 Morrison Bridge

2.18 Burnside Bridge

2.45 Steel Bridge

2.49 UPRR - railway tracks

↑ 0.52 **Merge** onto SW *Natio* Parkway from the Waterfront Park Trail.

2.88 Broadway Bridge

↑ 3.41 Continue on Naito Pkwy as it becomes Front Ave under Fremont Bridge

4.62 NW 26th Ave

5.21 Exchange 13 (Front Ave - Georgia Pacific)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE

0.0 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)

← 0.1 Turn **LEFT** onto Water Ave

← 0.4 Turn **LEFT** onto Hawthorne Blvd (Hawthorne Bridge)

→ 0.9 Take **RIGHT** ramp onto Main St

→ 1.2 Turn **RIGHT** onto 2nd Ave

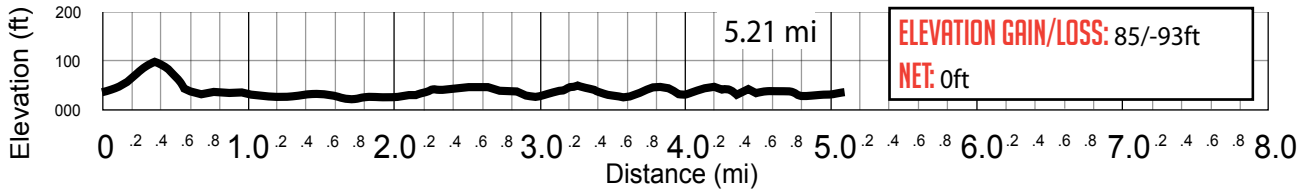
→ 1.3 Turn **RIGHT** onto Salmon St

← 0.8 Turn **LEFT** onto Naito Pkwy/Front Ave

5.2 Exchange 13 (Front Ave - Georgia Pacific)

EXCHANGE NOTES

Parking: West side of Georgia Pacific lot just before Exchange 13.
Provisions: No
Fuel: No (nearest fuel 3mi South on NW 23rd/Burnside)



ELEVATION GAIN/LOSS: 85/-93ft
NET: 0ft

NAMED AFTER: BRUCE H.

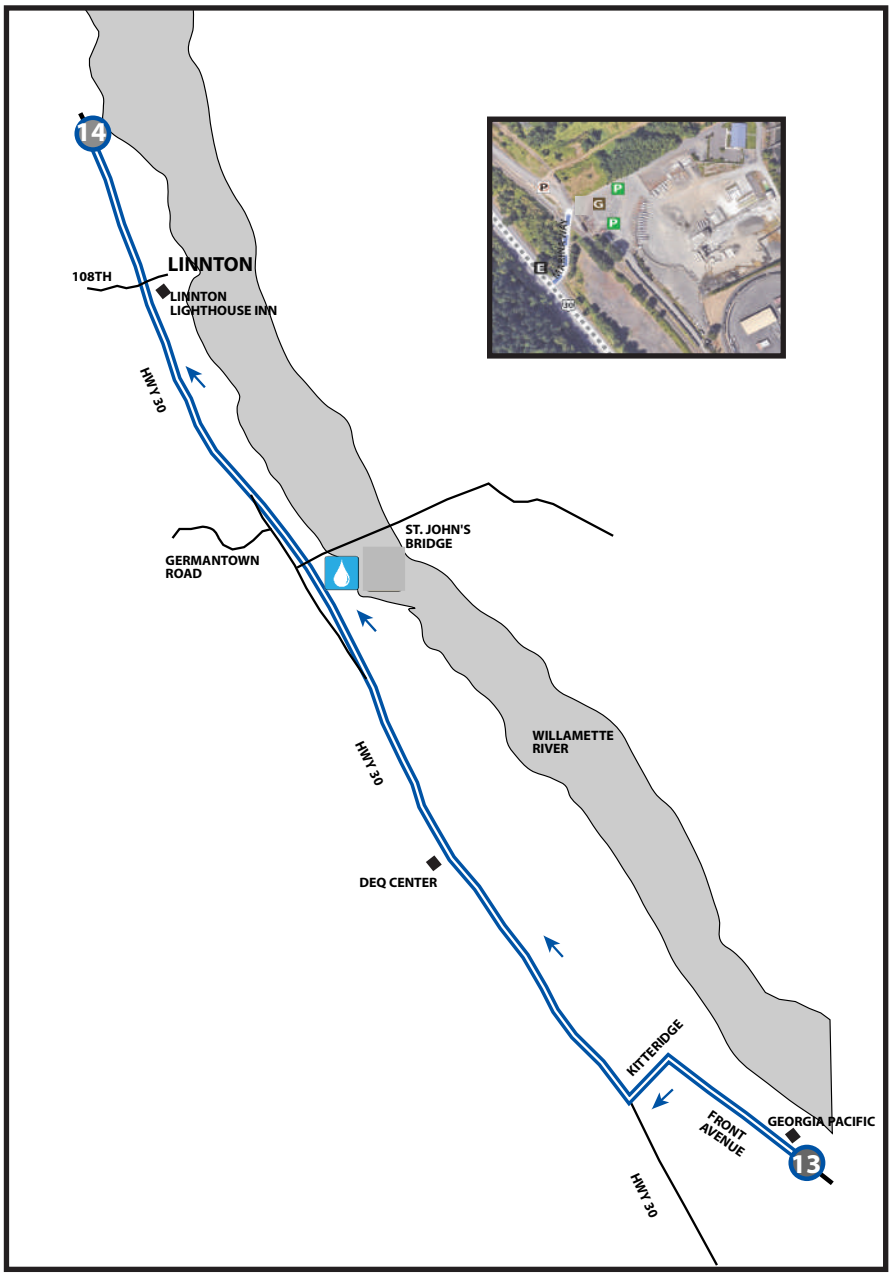
14 VAN 1 6.04 MI | MODERATE

LEG DESCRIPTION: Basically flat terrain along Front Ave / St. Helen Rd / HWY 30 on paved shoulder and sideruns.

EXCH 14 ADDRESS: 11500 NW St. Helens and Marina Way Portland, OR 97231 (m.p. 9.3, at Knife River Corp.)

GPS: 45.61054, -122.795949

NOTES: VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



DIRECTIONS FROM EXCH 13 TO EXCH 14

Run on right side of the road.

	0.00	Exchange 13 (Front Ave - Georgia Pacific)
←	0.68	Turn **LEFT** onto Kittridge
→	1.17	Turn **RIGHT** onto HWY 30
↑	3.74	St Johns Bridge
↑	4.14	Germantown Rod
↑	5.19	Linnton Lighthouse Inn
	6.04	Exchange 14 (Marina Way/HWY 30)

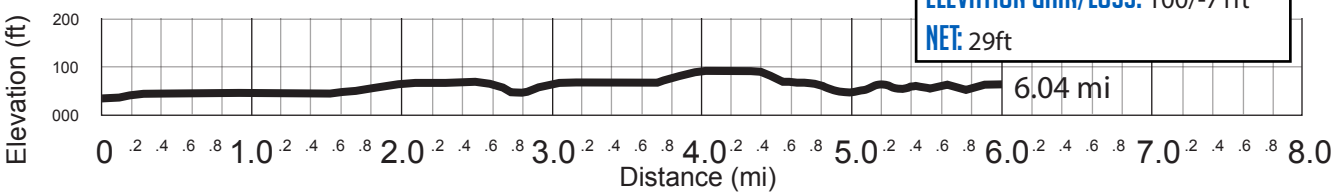
EXCHANGE NOTES

Parking: To the right, off HWY 30 near Marina Way in large Knife River fenced lot.

Only next runner allowed up hill to HWY 30 for safety reasons.

HTC traffic on Marina way is restricted to the designated parking area. No HTC traffic allowed past parking area.

Provisions: No
Fuel: No (nearest fuel - Linnton)



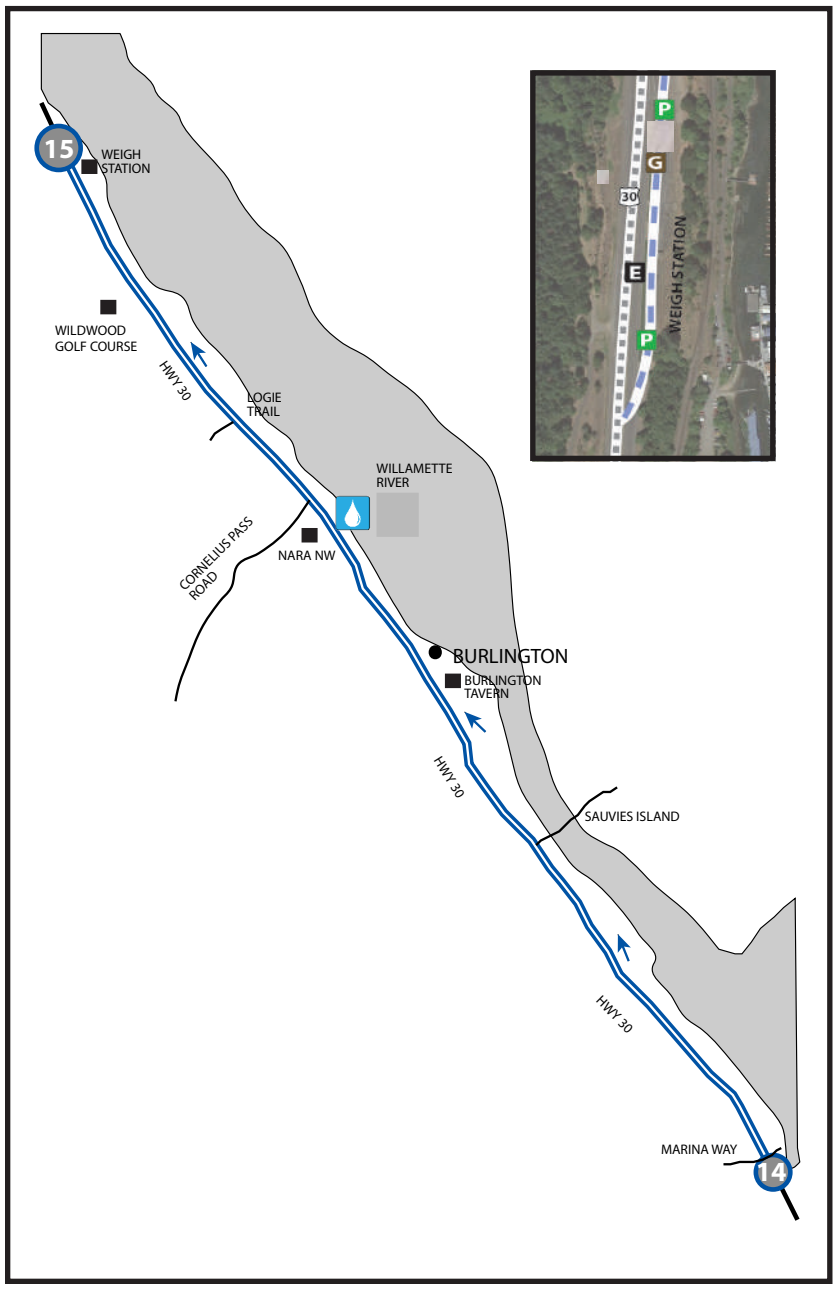
ELEVATION GAIN/LOSS: 100/-71ft
NET: 29ft

VAN 1

7.25 MI | HARD

NAMED AFTER: NIRAV D.

LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.
EXCH 15 ADDRESS: Rocky Point Weigh Station Scappoose, OR (m.p. 16.5)
GPS: 45.69497, -122.871008
NOTES: VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



DIRECTIONS FROM EXCH 14 TO EXCH 15

Run on right side of the road.

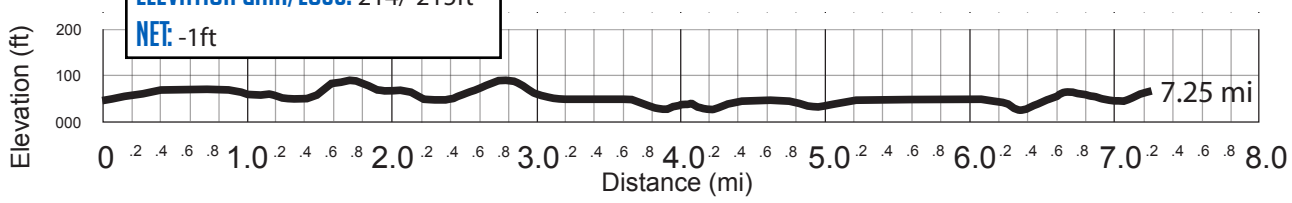
0.00 Exchange 14 (Marina Way/HWY 30)
↑ 1.55 Sauvie Island Bridge
↑ 3.34 Burlington Tavern
↑ 3.93 Cornelius Pass Rd
↑ 4.92 Logie Trail
↑ 6.16 Wildwood Golf Course
7.25 Exchange 15 (Rocky Point Weigh Station)

EXCHANGE NOTES

Parking: At Rocky Point Weigh Station off to the right of HWY 30. Parallel parking on the left, nose-in angle parking on the right. Follow volunteer instructions.

Provisions: No
Fuel: No (nearest fuel - Linnton, Leg 14)

ELEVATION GAIN/LOSS: 214/-215ft
NET: -1ft

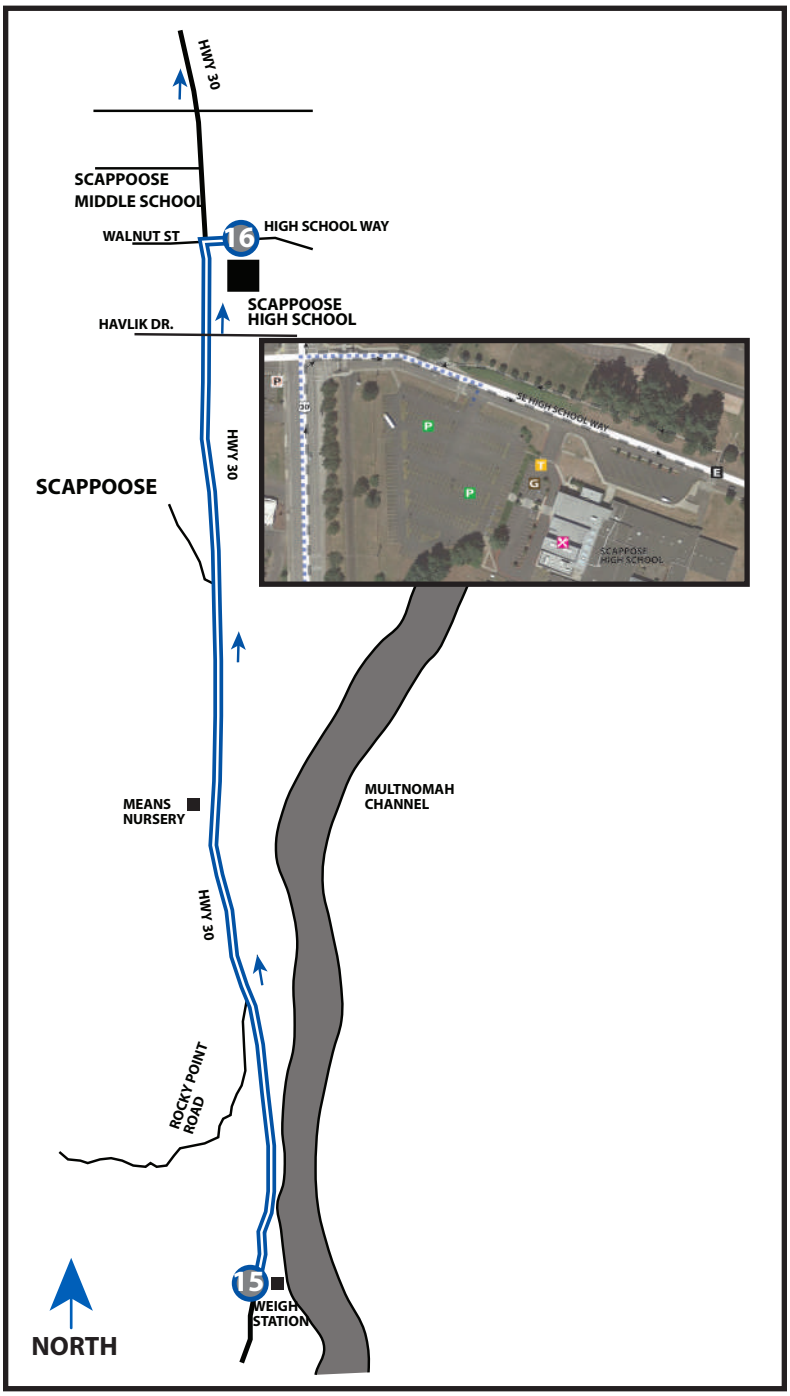


NAMED AFTER: JULIE H.

16

VAN 1 — 3.92 MI | EASY

LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.
EXCH 16 ADDRESS: Scappoose High School 33700 SE High School Way, Scappoose, OR 97056
GPS: 45.749198, -122.874359
NOTES: VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



DIRECTIONS FROM EXCH 15 TO EXCH 16

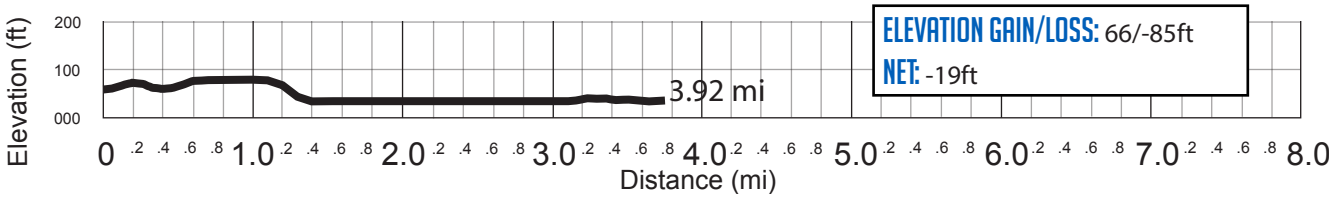
Run on right side of the road.

	0.00	Exchange 15 (Rocky Point Weigh Station)
↑	0.84	Rocky Point Rd
↑	2.51	Bonneville Dr/Johns Landing Rd
→	3.79	Turn **RIGHT** onto SE High School Way
	3.92	Exchange 16 (Scappoose High School)

EXCHANGE NOTES

Parking: At Scappose High School parking lot on right.
Provisions: Restaurants
Fuel: Yes

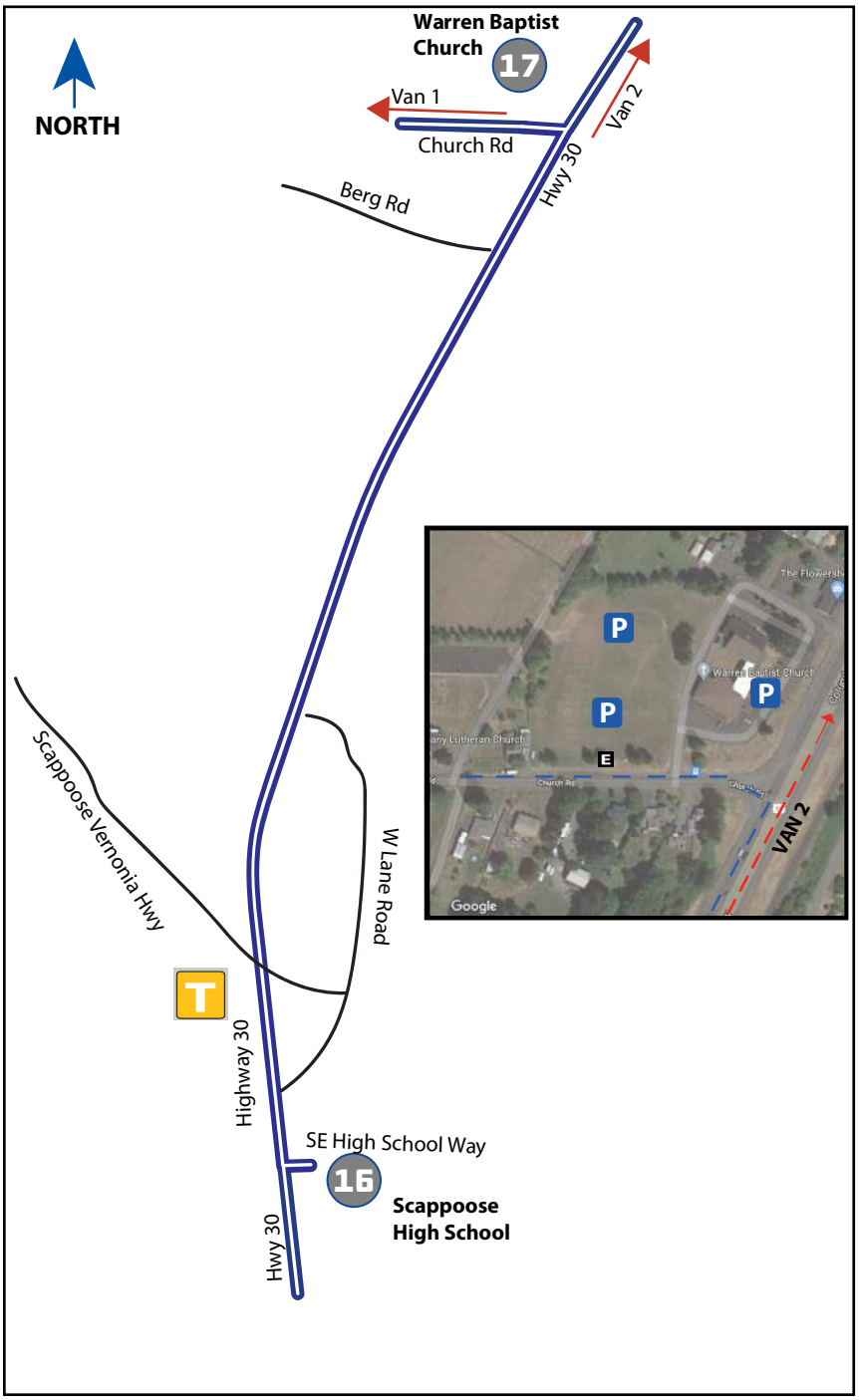
Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



ELEVATION GAIN/LOSS: 66/-85ft
NET: -19ft

VAN 1 5.32 MI | MODERATE

LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.
EXCH 17 ADDRESS: Warren Baptist Church, 56799 Columbia River Hwy, Warren, OR 97053
GPS: 45°49'8.99"N, 122°51'2.81"W
NOTES:



PARTICIPANT AND VAN 1 DIRECTIONS FROM EXCH 16 TO EXCH 17

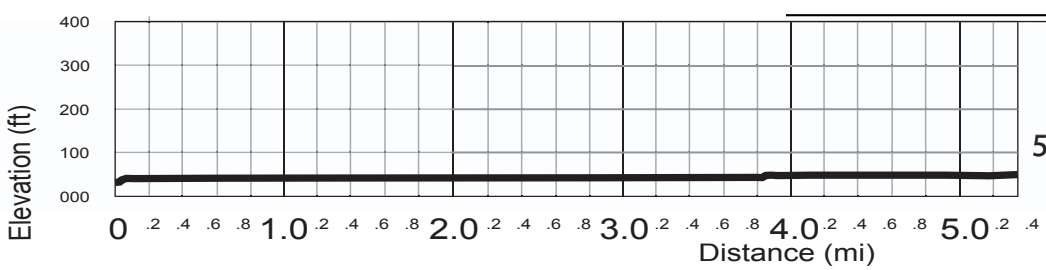
	0.00	Exchange 16 (Scappoose High School)
↑	0.10	High School Way
→	0.12	Turn RIGHT onto HWY 30 (Participants cross to other side of Hwy 30 with crosswalk and guidance from flaggers only)
←	5.23	Turn LEFT onto Church Rd
	5.32	Exchange 17 (Warren Baptist Church)

EXCHANGE NOTES

Provisions: Yes, in town of St. Helens
Fuel: Yes (Fuel up!)

It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)

Highly encouraged to wear high visibility clothing (no dark colors), and form on-participating teammates outside van or wear a reflective vest & LED flasher (6pm-9am).



ELEVATION GAIN/LOSS: 106/-88ft-
NET: 18ft

5.32 mi

NAMED AFTER: JASON S.

MAJOR VAN EXCHANGE

18

VAN 1&2 4.13 MI | HARD

LEG DESCRIPTION: Flat and gradual uphill terrain on HWY 30 and paved backcountry roads.
EXCH 18 ADDRESS: Columbia Co. Fairgrounds 58892 Saulser Rd St. Helens, 97051
GPS: 45.85055, -122.872306
NOTES: Please keep noise down from 10pm-7am.

DIRECTIONS FROM EXCH 17 TO EXCH 18

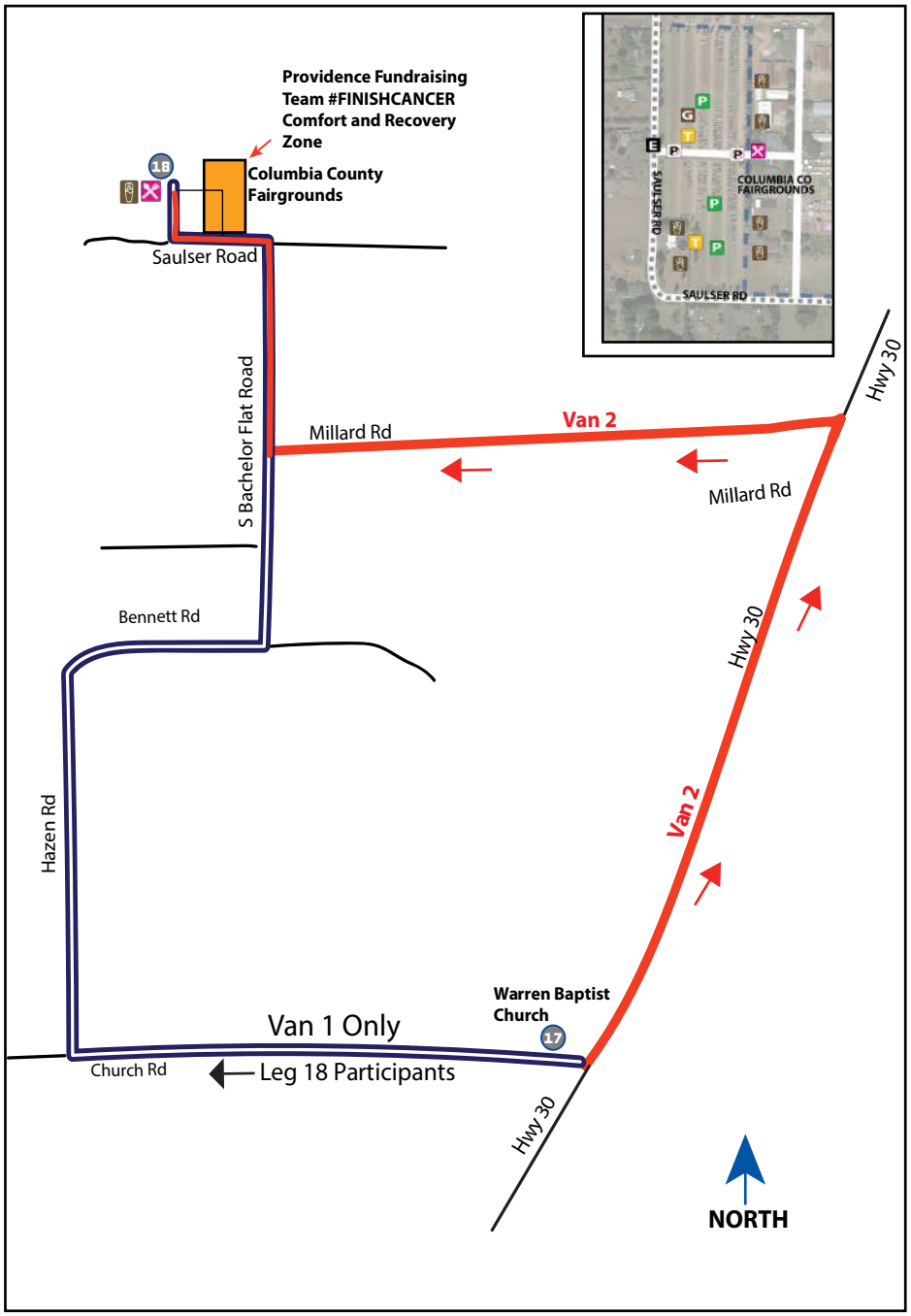
0.00 Exchange 17 (Warren Baptist Church)
→ 1.30 Turn RIGHT onto Hazen Rd
↑ 2.33 Continue onto Bennett Rd
← 2.75 Turn LEFT onto S Bachelor Flat Rd
← 3.75 Turn LEFT onto Saulser Rd
→ 4.03 Turn RIGHT to stay on Saulser Rd
4.13 Exchange 18 (Columbia County Fairgrounds)

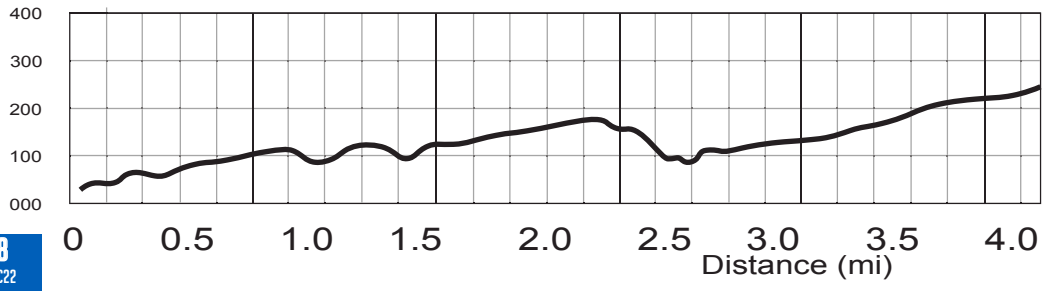
VAN 2 DIRECTIONS TO EXCH 18

From HWY 30 Heading North
→ Turn RIGHT onto Millard Rd
→ Turn RIGHT onto S Bachelor Flat Rd
← Turn LEFT onto Saulser Rd
→ Turn RIGHT into the Columbia County Fairgrounds

EXCHANGE NOTES

Van 2 does NOT take the same route as van 1!
Please see van 2 directions above.
Parking: At Columbia County Fairgrounds.
Exchange 18 sleeping only
premitted in designated, roped off
sleeping areas. Tents ARE alloweda tE xchange 18.
Race DQ if found sleeping on ground next to vehicle!
Fuel: Last stop in town of St. Helens before exch 18





ELEVATION GAIN/LOSS: 345/-124 ft
NET: 221 ft

4.13 mi

VAN 1 ROUTE TO EXCHANGE 24

ONLY VAN 2 WITH A COLORED "RACE VEHICLE" SIGN IN WINDOW WILL BE ALLOWED TO PROCEED ON THE COURSE BETWEEN EXCH 18 AND 23.

VAN 1 DIRECTIONS FROM EXCH 18 TO EXCH 24

	0.00	Exchange 18 (Columbia Co. Fairgrounds)
→	0.00	**RIGHT** out of van parking onto Saulser Rd
←	0.37	**LEFT** onto Sykes Rd
↑	1.14	Continue onto Cater Rd
↑	5.77	Continue onto Scappoose Vernonia Hwy
→	20.05	**RIGHT** onto HWY 47
↑	30.99	Continue (slight left) onto HWY 202
	32.24	Exchange 24 (HWY 202)

NAMED AFTER: JEFF B.

19 VAN 2 5.89 MI | VERY HARD

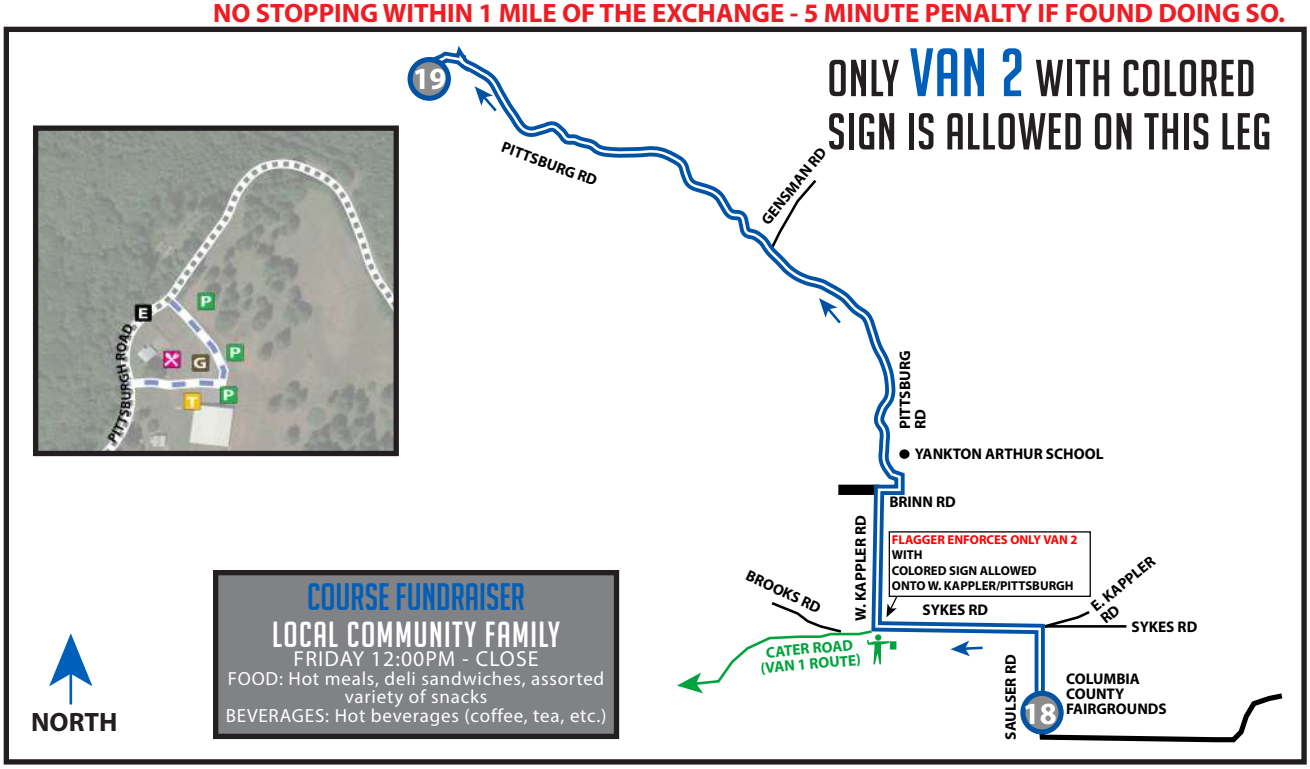
LEG DESCRIPTION: Long leg over challenging up and down hills on paved backcountry roads.

EXCH 19 ADDRESS: 30732 Pittsburgh Rd St. Helens, OR 97051

GPS: 45.901569, -122.93397

NOTES: Cell phone coverage unreliable until after Leg 32.

NO STOPPING WITHIN 1 MILE OF THE EXCHANGE - 5 MINUTE PENALTY IF FOUND DOING SO.



DIRECTIONS FROM EXCH 18 TO EXCH 19

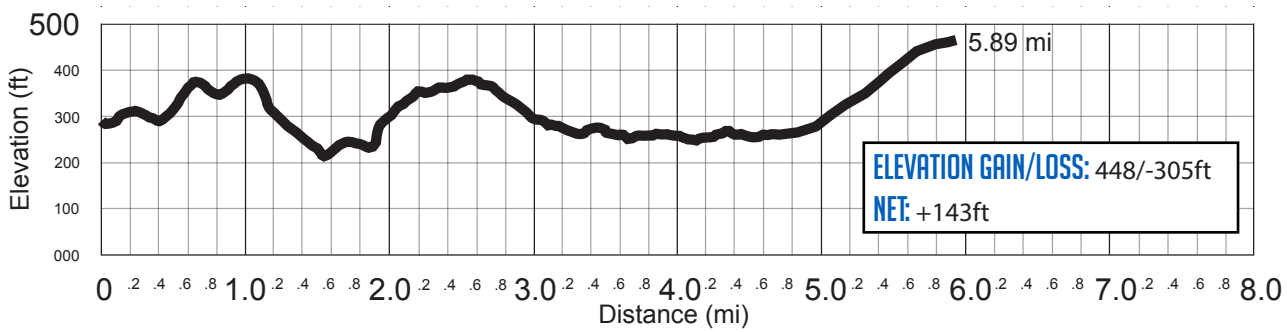
0.00 Exchange 18 (Columbia County Fairgrounds)
← 0.37 Turn **LEFT** onto Saulser Rd
→ 1.14 Turn **RIGHT** onto Kappler Rd
→ 1.88 Turn **RIGHT** onto Brinn Rd
← 1.90 Turn **LEFT** onto Pittsburgh Rd
↑ 2.78 Gensman Rd
5.89 Exchange 19 (Pittsburgh Rd)

EXCHANGE NOTES

Parking: In field on the left. **No vans on right side of the road near exchange or blocking neighbor driveways.**
Provisions: Coffee and snacks at fundraiser
Fuel: No

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

ONLY VAN 2 WITH COLORED "RACE VEHICLE" SIGN IS ALLOWED TO PROCEED ALONG THE RACE COURSE BETWEEN EXCHANGES 18-23.



NAMED AFTER: LARRY M.

VAN 2 5.75 MI | VERY HARD

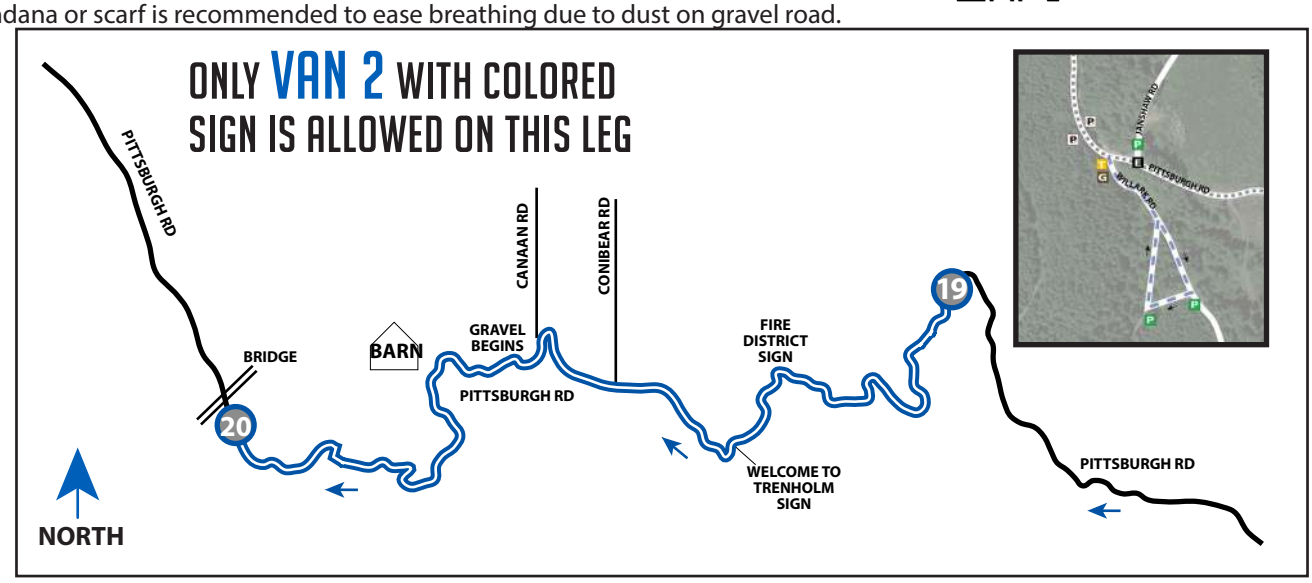
LEG DESCRIPTION: Very challenging up and downhills on partially paved and gravel backcountry roads.

EXCH 20 ADDRESS: 9.75 mi on Pittsburgh Rd (near Janshaw Rd). St. Helens, 97051

GPS: 45.890793, -122.997456

NOTES: Cell phone coverage unreliable until after Leg 32.

A bandana or scarf is recommended to ease breathing due to dust on gravel road.



DIRECTIONS FROM EXCH 19 TO EXCH 20

0.00 Exchange 19 (Pittsburgh Rd)
↑ 3.03 Gravel section begins
↑ 3.90 Large barn on right
5.75 Exchange 20 (Pittsburgh Rd)

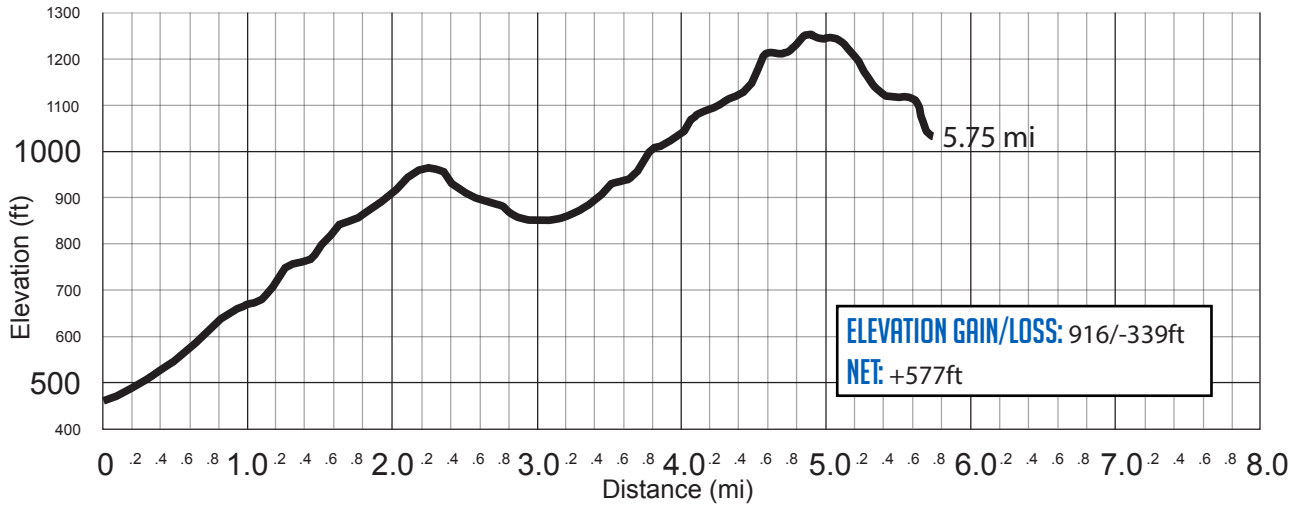
EXCHANGE NOTES

Parking: On Willark Rd to the left of exchange.

Do not drop runner off near exchange (causes immediate back-up). Only Leg 20/21 participants get out at this tight exchange.

Provisions: No
Fuel: No

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



NAMED AFTER: STEVE S.

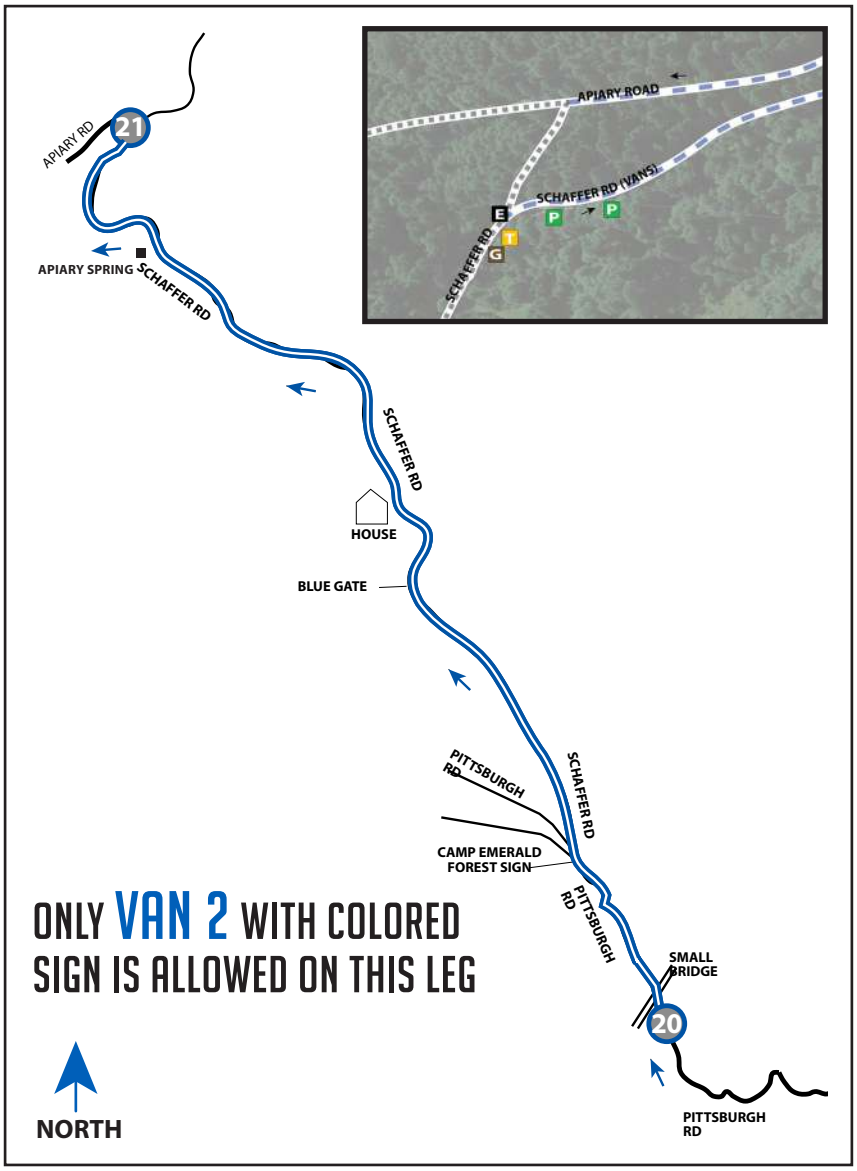
VAN 2 — 5.06 MI | MODERATE

LEG DESCRIPTION: Flat, slightly downhill terrain near a creek on gravel backcountry roads.

EXCH 21 ADDRESS: 4.7 miles on Schaffer Rd, Vernonia, OR

GPS: 45.945578, -123.043629

NOTES: A bandana or scarf is recommended to ease breathing due to dust on gravel road.
Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 20 TO EXCH 21

	0.00	Exchange 20 (Pittsburgh Rd)
→	0.30	Turn **RIGHT** onto Schaffer Rd (at Camp Emerald Forest sign take the far right fork)
↑	2.00	Blue gate on left
↑	2.28	House on left with many old cars
	5.06	Exchange 21 (Schaffer Rd)

EXCHANGE NOTES

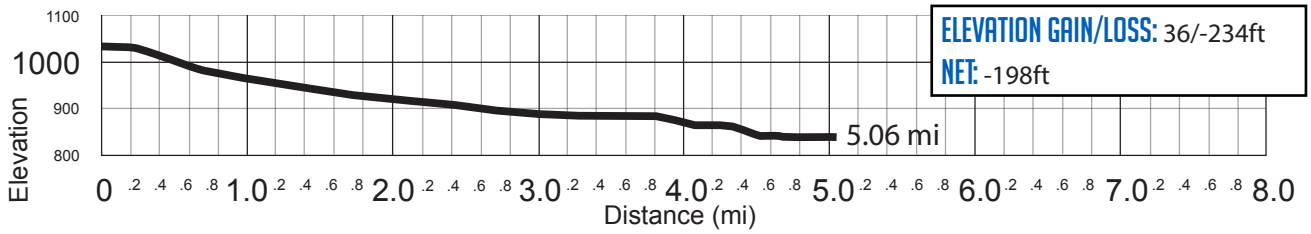
Parking: On right side of Schaffer Rd beyond exchange. Vans must park to the right and leave access to road on the left open and unblocked. Do not block Camp Emerald Forest's drive.

Do not drop runner off near exchange (causes immediate back-up).

Provisions: No
Fuel: No

4.1 miles on Schaffer Rd from Exchange 20 there is a spring where teams can fill up water jugs with fresh water.

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



ELEVATION GAIN/LOSS: 36/-234ft
NET: -198ft

VAN 2 — 6.70 MI | HARD

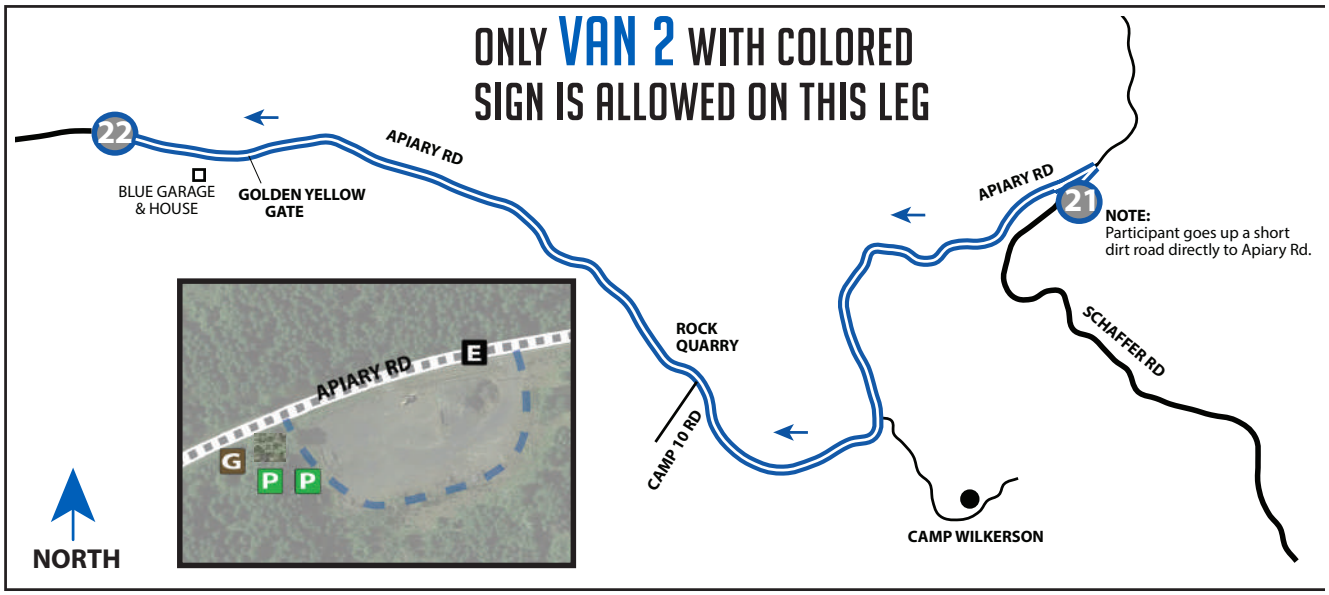
NAMED AFTER: JUSTIN H.

LEG DESCRIPTION: Gradual up and downhills on paved but narrow backcountry roads.

EXCH 22 ADDRESS: 6.70 miles on Apiary Rd Vernonia, OR (at ODOT gravel stockpile)

GPS: 45.949276, -123.149365

NOTES: Be aware of potentially fast moving non-race traffic on this leg.
Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 21 TO EXCH 22

	0.00	Exchange 21 (Schaffer Rd)
←	0.03	Turn **LEFT** onto Apiary Rd
↑	1.67	Wilkerson County Park
	3.60	Water Station
↑	3.77	Rock Quarry
↑	4.57	Golden-yellow gate on left
↑	6.57	Small blue house and garage on left
	6.70	Exchange 22 (Apiary Rd)

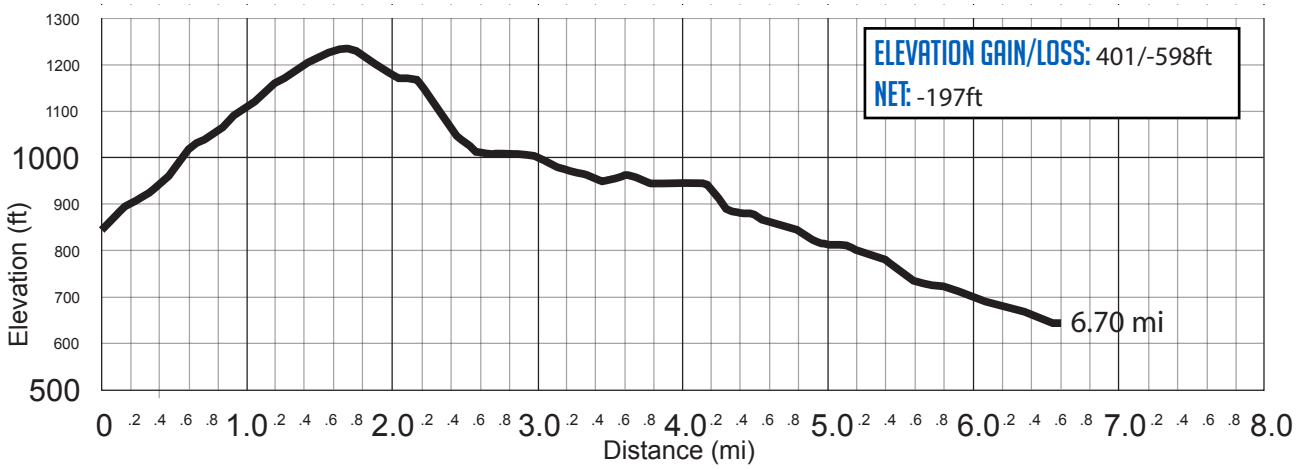
EXCHANGE NOTES

Parking: In large field on left side of Apiary Rd.

Watch your footing! Some uneven terrain at Exchange 22.

Provisions: No
Fuel: No (nearest fuel - 10 miles south on HWY 47: Bridge St Mini Mart, Vernonia)

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



NAMED AFTER: STEVE B.

VAN 2

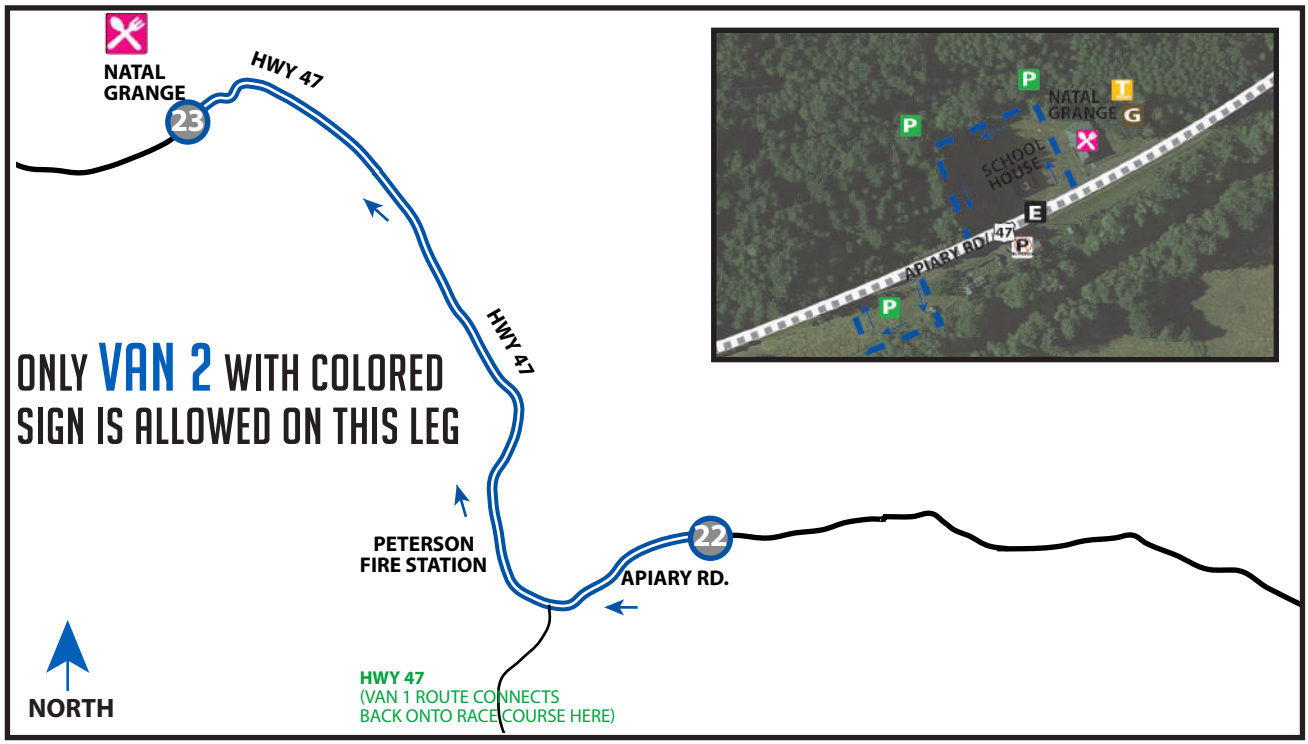
4.23 MI | EASY

LEG DESCRIPTION: Basically flat terrain on narrow country roads with minimal shoulder.

EXCH 23 ADDRESS: 67528 Nehalem HWY N, Vernonia, OR 97064

GPS: 45.974329, -123.198666

NOTES: Cell phone coverage unreliable until after Leg 32.
Keep noise down from 10pm - 7am; keep away from private property fence line.



DIRECTIONS FROM EXCH 22 TO EXCH 23

0.00 Exchange 22 (Apiary Rd)
→ 0.76 Turn **RIGHT** onto HWY 47 (Nehalem HWY)
↑ 0.99 Peterson Fire Station on left
4.23 Exchange 23 (Natal Grange)

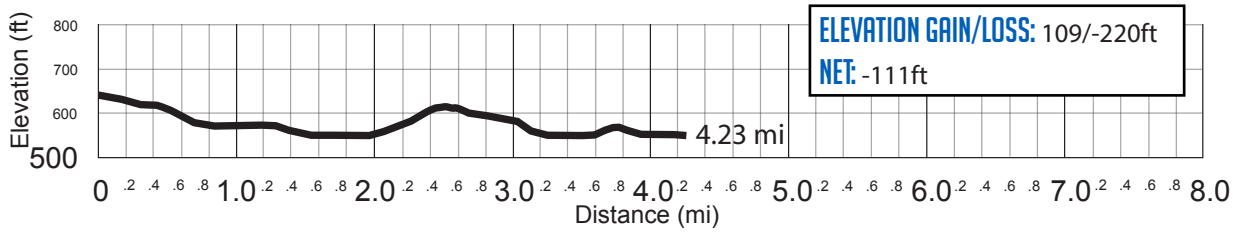
EXCHANGE NOTES

Parking: At Natal Grange and across street in hay field as instructed by volunteers.

Do not drop runner off near exchange (causes immediate back-up).

Fuel: No (nearest fuel - 12.4 miles south on HWY 47: Bridge St Mini Mart, Vernonia)

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



ELEVATION GAIN/LOSS: 109/-220ft
NET: -111ft

MAJOR VAN EXCHANGE

VAN 2&1

4.87 MI | EASY

NAMED AFTER: KATHY K.

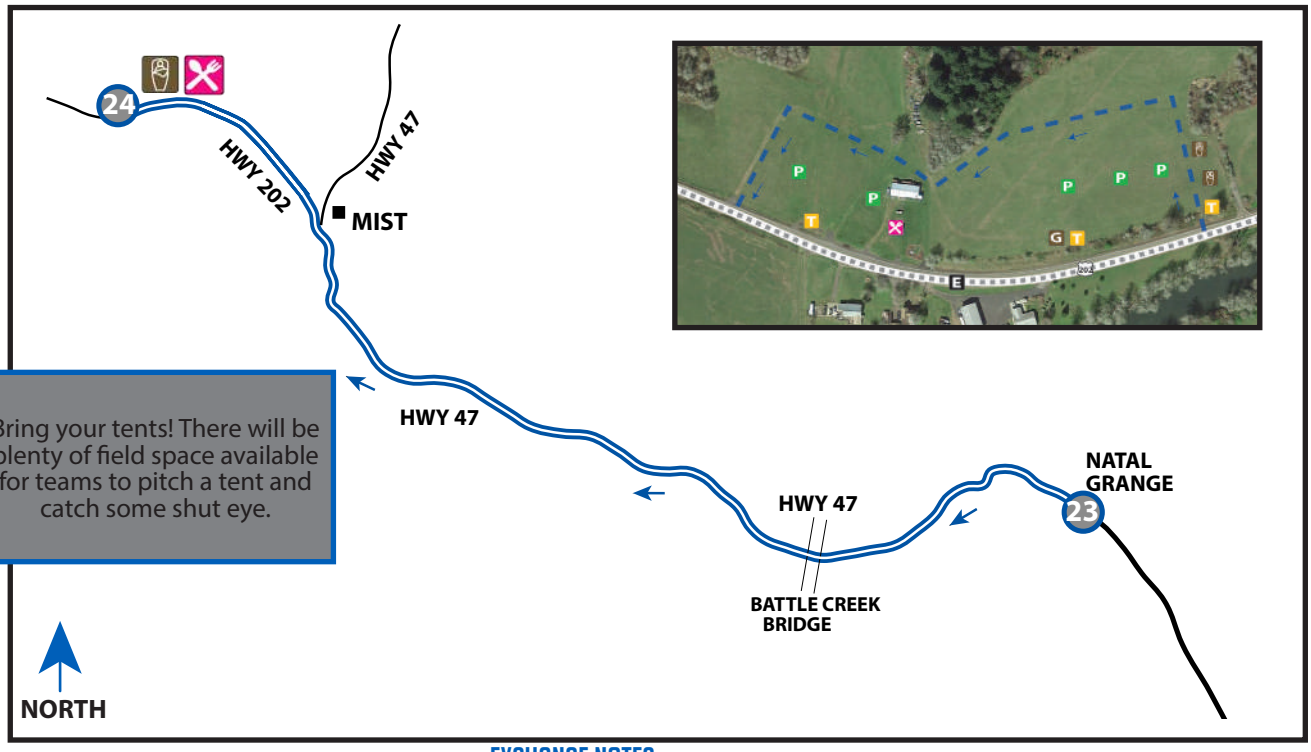
24

LEG DESCRIPTION: Flat terrain along Nehalem River and through pastoral setting on HWY 47 and HWY 202.

EXCH 24 ADDRESS: 13950 HWY 202 Birkenfeld, OR 97016 m.p. 44.9

GPS: 46.002792, -123.278399

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 23 TO EXCH 24

	0.00	Exchange 23 (Natal Grange)
↑	0.83	Country Museum on left
↑	1.15	Battle Creek Bridge
↑	3.55	Nehalem Valley Automotive
↑	3.66	Continue on HWY 202
	4.87	Exchange 24 (Mist - HWY 202)

EXCHANGE NOTES

Parking: In two large fields along right side of the road.

Do not drop runner off near exchange (causes immediate back-up).

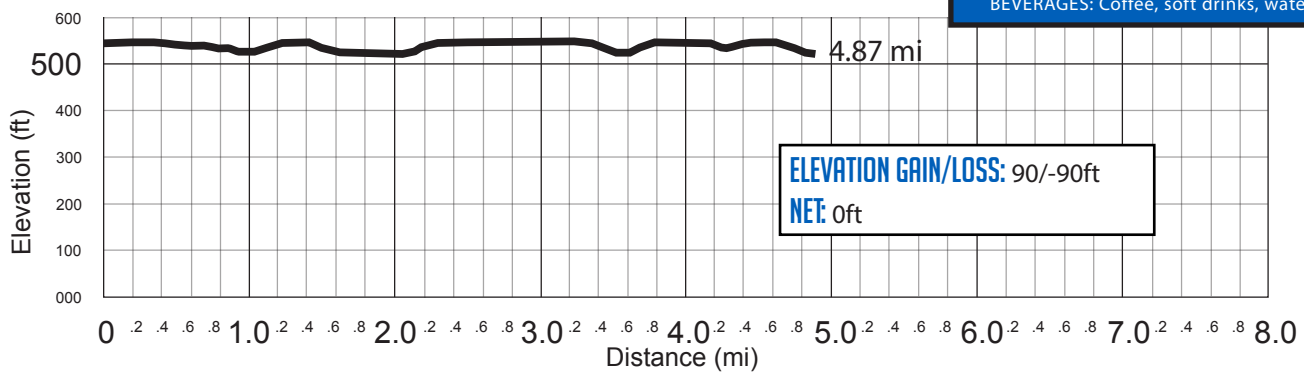
Exchange 24 sleeping only permitted in designated, roped off sleeping areas. Tents ARE allowed at Exchange 24. **Race DQ if found sleeping on ground next to vehicle!**

Provisions: Course Fundraiser
Fuel: No (nearest fuel - 13.2 miles north on HWY 30)

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

COURSE FUNDRAISER
VERNONIA HS EQUESTRIAN

FRIDAY 4:00PM - SATURDAY 9:00AM
FOOD: Hamburgers, cheeseburgers, vegetarian chili, biscuits/gravy, bagels & cream cheese, muffins, assorted snacks.
BEVERAGES: Coffee, soft drinks, water



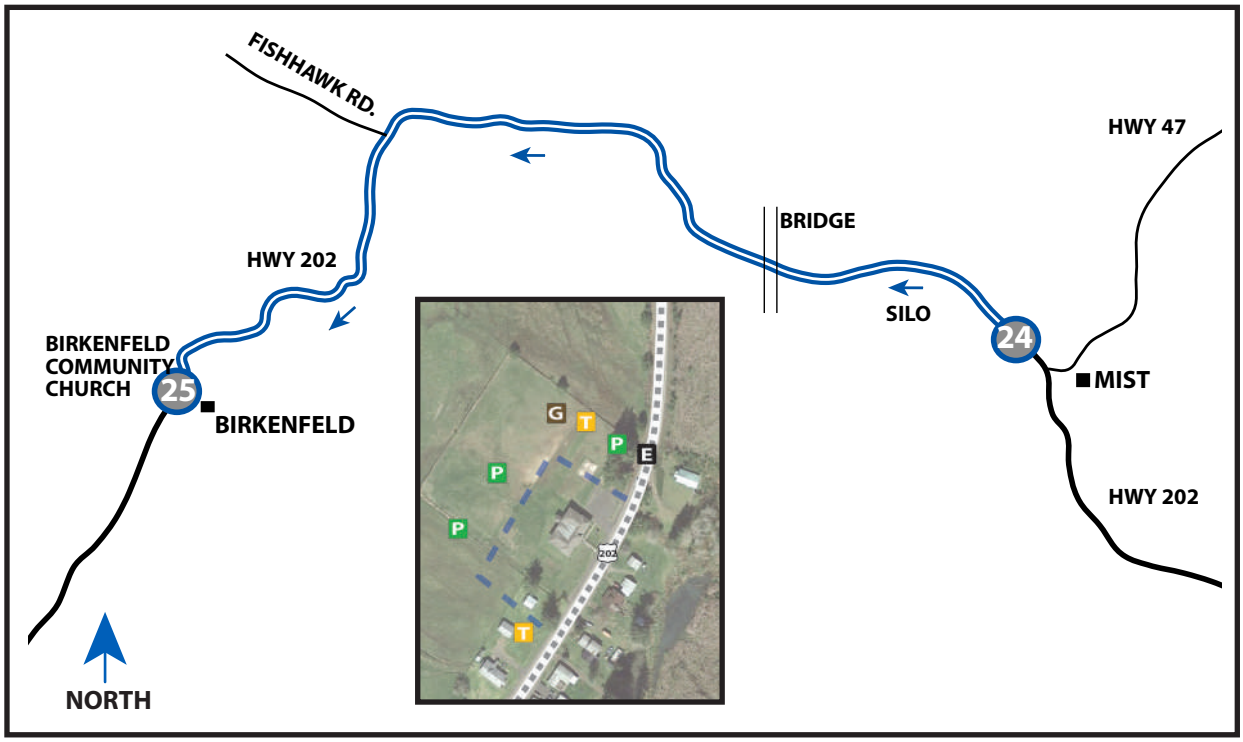
ELEVATION GAIN/LOSS: 90/-90ft
NET: 0ft

NAMED AFTER: ROB R.

25

VAN 1 — 3.80 MI | EASY

LEG DESCRIPTION: Gently rolling terrain (last 2 miles) on paved country roads.
EXCH 25 ADDRESS: 11249 HWY 202 Birkenfeld, OR 97016 m.p. 41.29
GPS: 45.995729, -123.334103
NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 24 TO EXCH 25

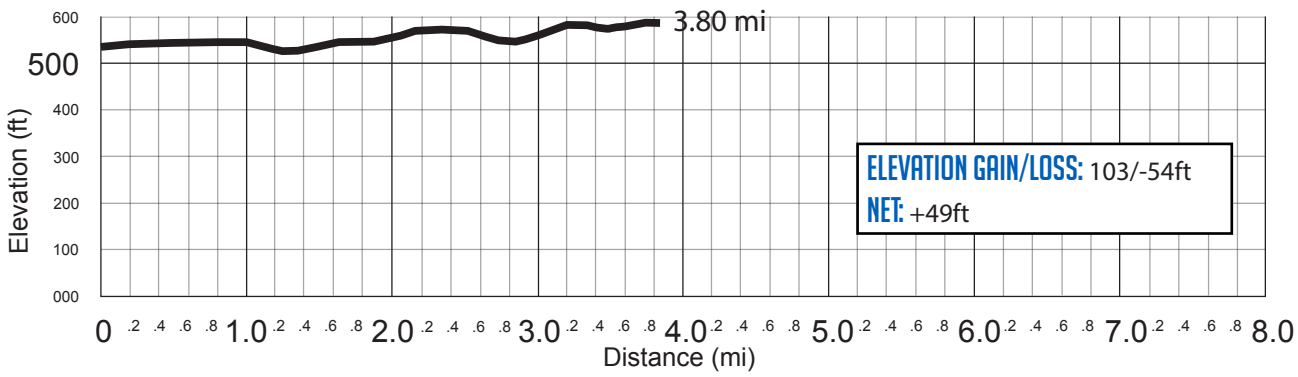
0.00 Exchange 24 (Mist - HWY 202)
↑ 1.19 Nehalem River Bridge
↑ 1.76 Mist/Birkenfield Fire Station
↑ 3.10 Fishhawk Rd
3.80 Exchange 25 (Birkenfield Community Church)

EXCHANGE NOTES

Parking: In Birkenfield Chuch lot on on right side of the road. Exchange is on left. During high congestion, Exchange 25 parking is limited to **VAN 1 ONLY.**

Provisions: The Birk restaurant
Fuel: No (nearest fuel - 17 miles north on HWY 30)

Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



VAN 1 5.65 MI | HARD

NAMED AFTER: DAVE T.

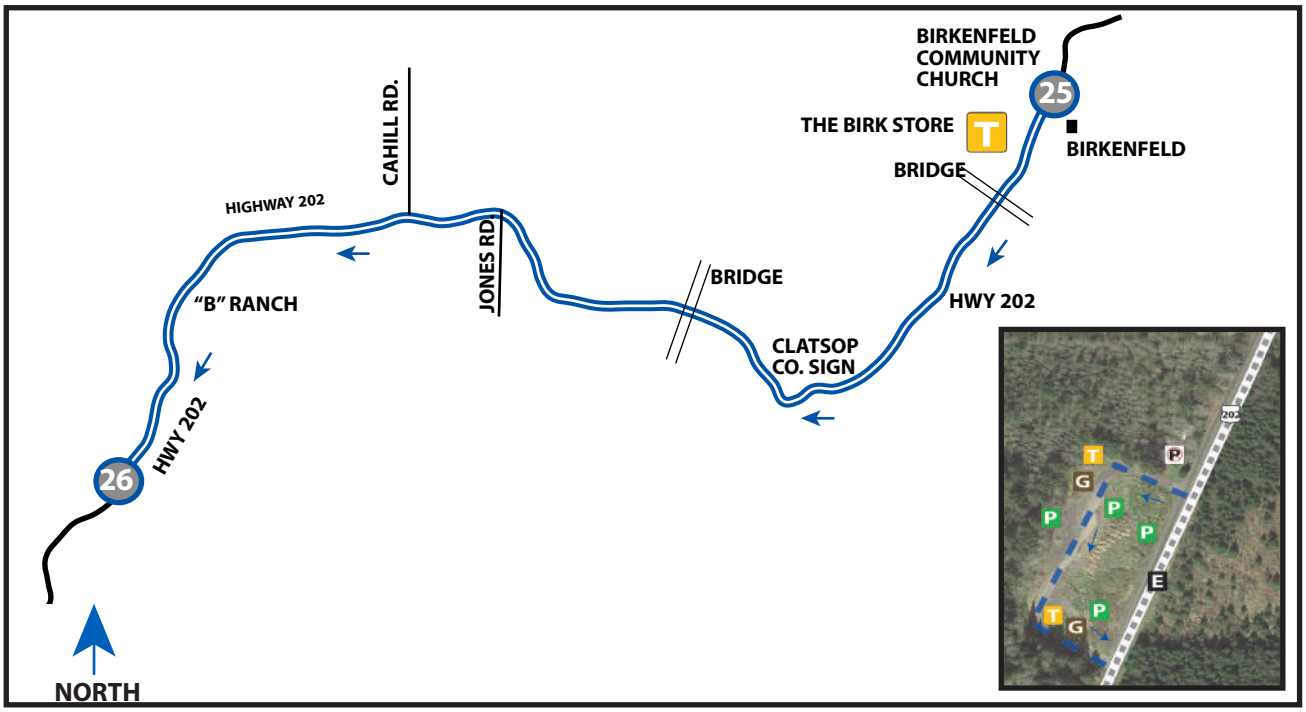
26

LEG DESCRIPTION: Beginning with gently rolling hills, long uphill toward the end, finishing downhill for half mile on paved roads.

EXCH 26 ADDRESS: 5.65 miles on HWY 202, Clatskanie, OR 97016

GPS: 45.97556, -123.416774

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 25 TO EXCH 26

0.00 Exchange 25 (Birkenfield Community Church)
↑ 0.48 Nehalem River Bridge
↑ 1.98 Welcome to Clatsop City sign
↑ 2.48 Nehalem River Bridge
↑ 2.58 Jones Rd
↑ 3.57 Cahill Rd
5.65 Exchange 26 (HWY 202)

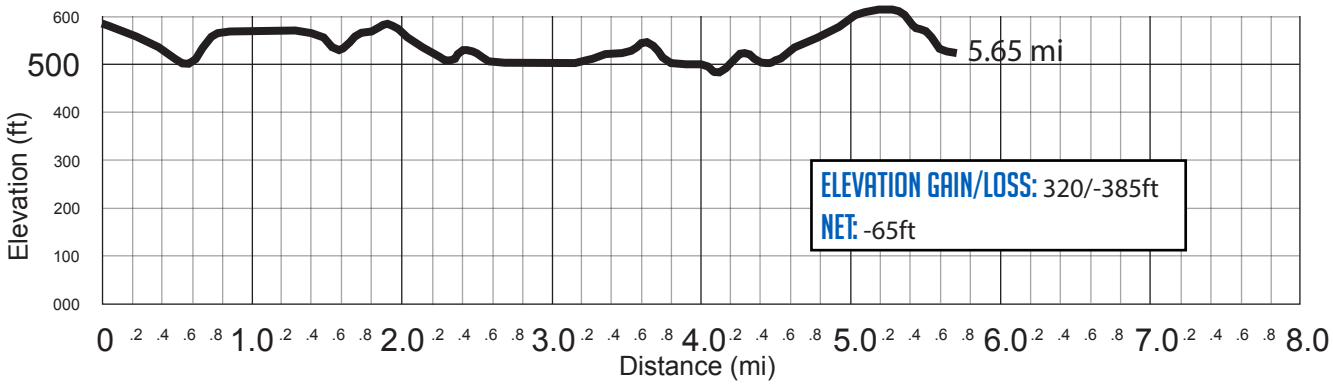
EXCHANGE NOTES

Parking: One-Way lot in cleared field on hill on right side of HWY 202. Entrance is prior to Exchange. During high congestion, Exchange 26 parking is limited to **VAN 1 ONLY. Upon exiting, right turn only.**

No parking on highway shoulder.

Provisions: No
Fuel: No

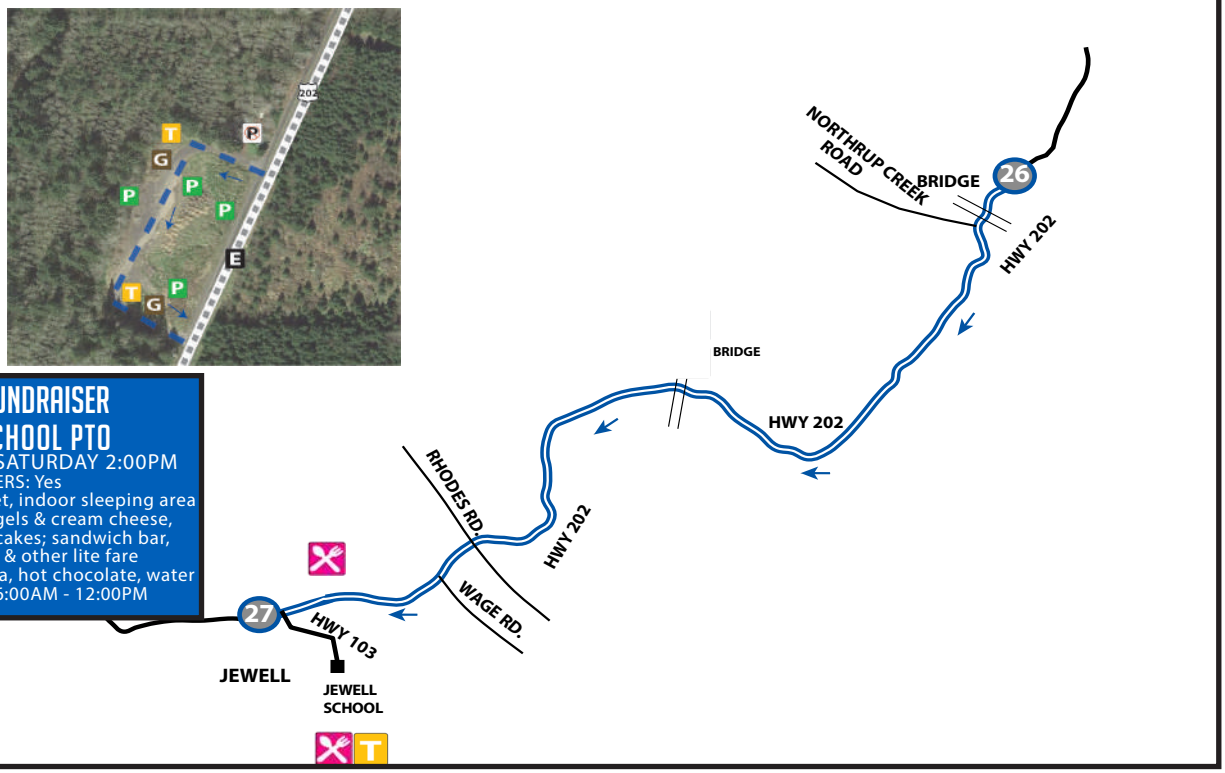
Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



NAMED AFTER: GREG L.

27 VAN 1 6.36 MI | MODERATE

LEG DESCRIPTION: Rolling hills on paved rural country road.
EXCH 27 ADDRESS: near 79156 HWY 202 Jewell, OR 97138
GPS: 45.933928, -123.5061
NOTES: Cell phone coverage unreliable until after Leg 32.



COURSE FUNDRAISER
JEWELL SCHOOL PTO
FRIDAY 6:00PM - SATURDAY 2:00PM
SHOWERS: Yes
SLEEPING SPACE: Quiet, indoor sleeping area
FOOD: Oatmeal, bagels & cream cheese, eggs, sausage, pancakes; sandwich bar, assorted snacks & other lite fare
BEVERAGES: Coffee, tea, hot chocolate, water
MASSAGES: SAT 6:00AM - 12:00PM

DIRECTIONS FROM EXCH 26 TO EXCH 27

0.00 Exchange 26 (HWY 202)
↑ 0.60 Northrup Creek Rd
↑ 3.40 Nehalem River Bridge
↑ 5.11 Rhodes Rd
↑ 5.46 Wage Rd
↑ 6.30 HWY 103
6.36 Exchange 27 (Jewell - HWY 202)

EXCHANGE NOTES

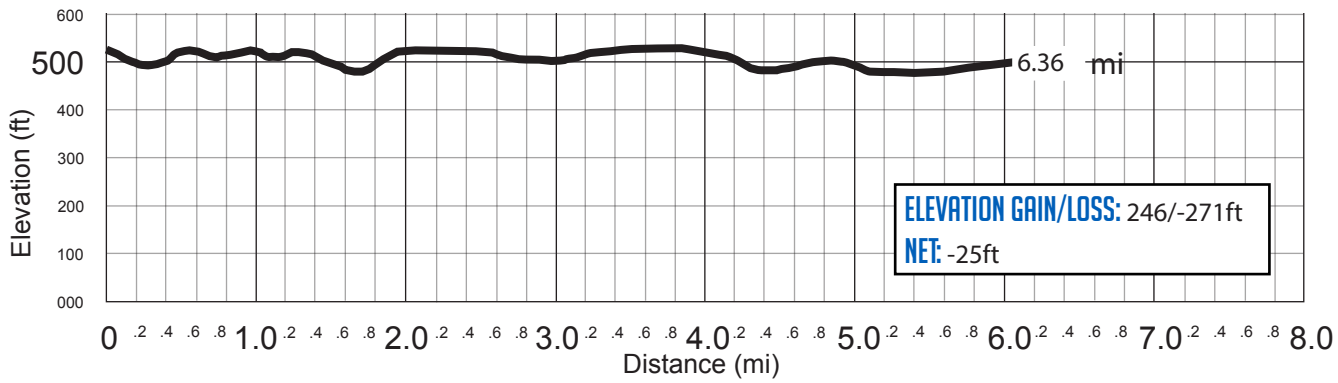
Parking: Entrance for van parking is before the exchange as directed by volunteers in field. Upon exiting, left turn only.

EXCHANGE NOTES CONTINUED

Provisions: Course Fundraisers
Fuel: No

COURSE FUNDRAISER
ELSIE VINEMAPLE FIRE & RESCUE
FRIDAY 6:00PM - SATURDAY 12:00PM

FIRST AID AND EMERGENCY MEDICAL SERVICES AVAILABLE



NAMED AFTER: ERIC T.

VAN 1 3.83 MI | EASY

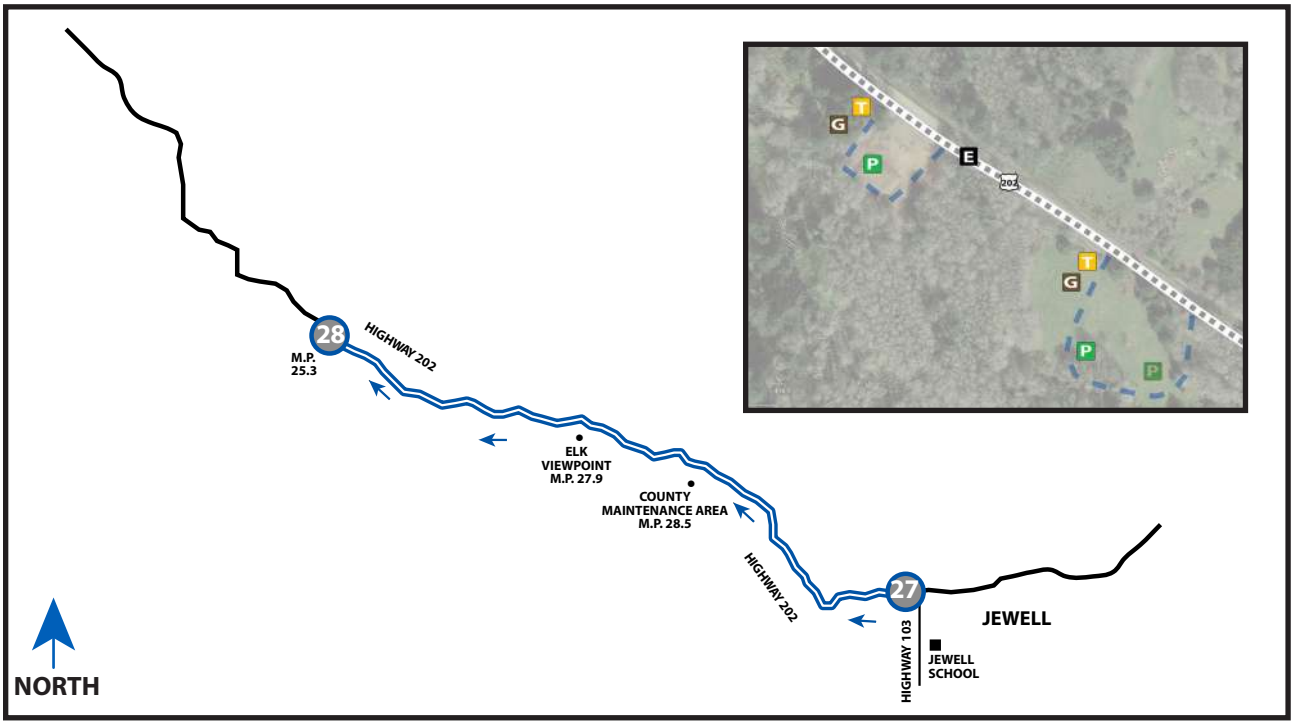
28

LEG DESCRIPTION: Gradual uphill on paved road. Narrow HWY with limited shoulder.

EXCH 28 ADDRESS: near Lee Wooden County Park Jewell, OR m.p. 25.3

GPS: 45.954195, -123.573884

NOTES: Cell phone coverage unreliable until after Leg 32. Route passes by Elk Preserve.
NO stopping at, use of bathrooms, or sleeping at Elk Viewpoint.



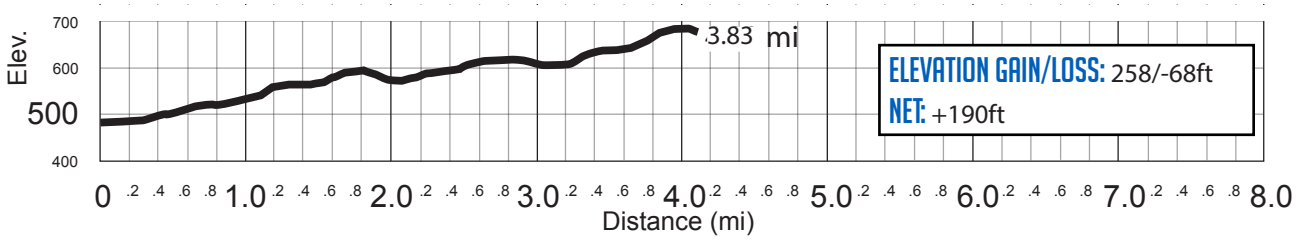
DIRECTIONS FROM EXCH 27 TO EXCH 28

	0.00	Exchange 27 (Jewell - HWY 202)
↑	0.82	County Maintenance Yard on left
↑	2.35	Elk Viewpoint on left
	3.83	Exchange 28 (HWY 202 m.p. 25.3)

EXCHANGE NOTES

Parking: In large field along left side of the road. Very narrow...be careful! During high congestion, Exchange 28 parking is limited to **VAN 1 ONLY.**
Provisions: No
Fuel: No

NO STOPPING ON HIGHWAY TO PICK UP OR DROP OFF RUNNERS. IMMEDIATE DQ.



NAMED AFTER: GARY Z.

29

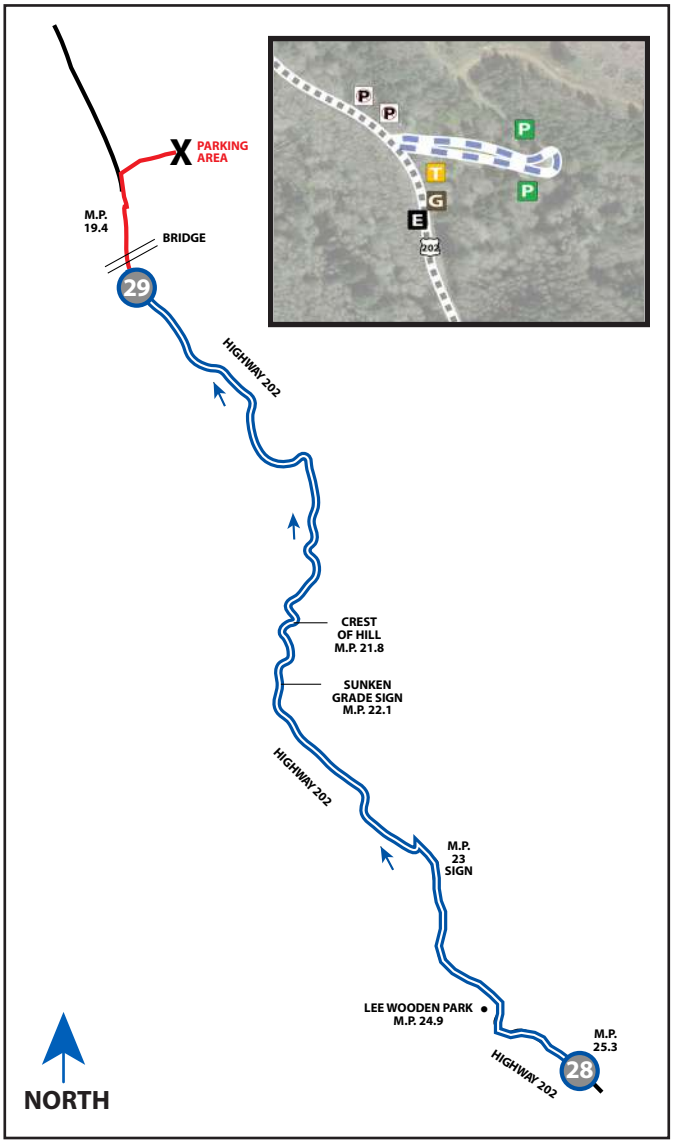
VAN 1 5.97 MI | VERY HARD

LEG DESCRIPTION: Very challenging up and downhills through winding wooded section of HWY 202.

EXCH 29 ADDRESS: m.p. 19.4 HWY 202 Astoria, OR 97103

GPS: 46.020736, -123.625101

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 28 TO EXCH 29

0.00 Exchange 28 (HWY 202 m.p. 25.3)
↑ 0.33 Lee Wooden Park on left (m.p. 24.9)
↑ 2.42 m.p. 23 sign
↑ 3.47 Crest of hill (m.p. 21.8)
5.97 Exchange 29 (HWY 202 m.p. 19.4)

EXCHANGE NOTES

HIGH CONGESTION EXCHANGE - be prepared!
Parking: 1/2 mile from exchange. Drop off next runner while waiting in line near entrance to parking lot (NOT AT THE EXCHANGE).

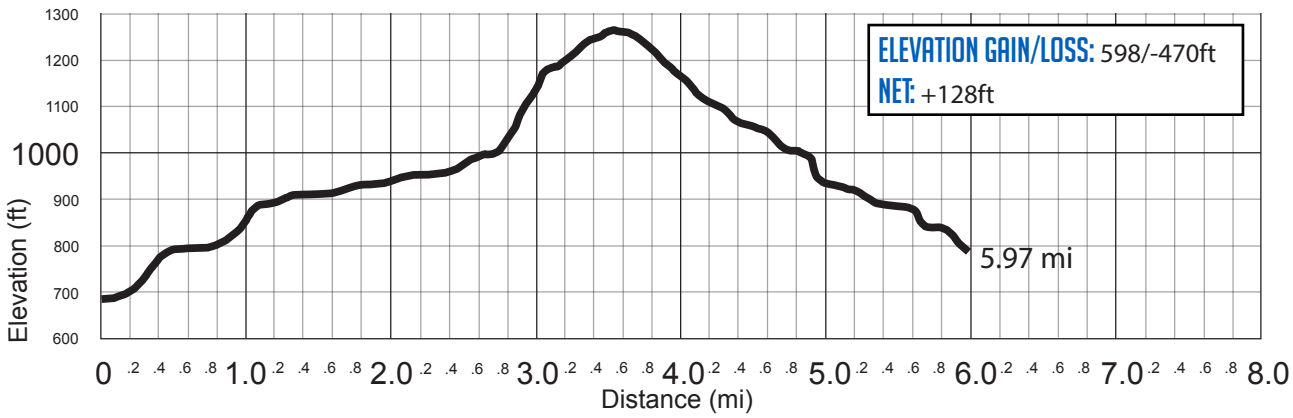
Only next runner allowed to exit vehicle while stopped in waiting line.

Then, drive to top end of parking area and wait for your team number to be called. Bib numbers will be called in the parking area once your runner reaches the pickup area. Once called, drive to pickup area. Pull all the way forward, pick up your runner and head to exchange 30.

Two way walkie talkies are recommended for teammates to communicate at Exchange 29 (as there is no cell service).

Ensure your team vehicle has fueled up in St. helens, well before reaching this exchange.

Provisions: No
Fuel: No



MAJOR VAN EXCHANGE

VAN 1&2 5.32 MI | MODERATE

NAMED AFTER: KELLIE C.

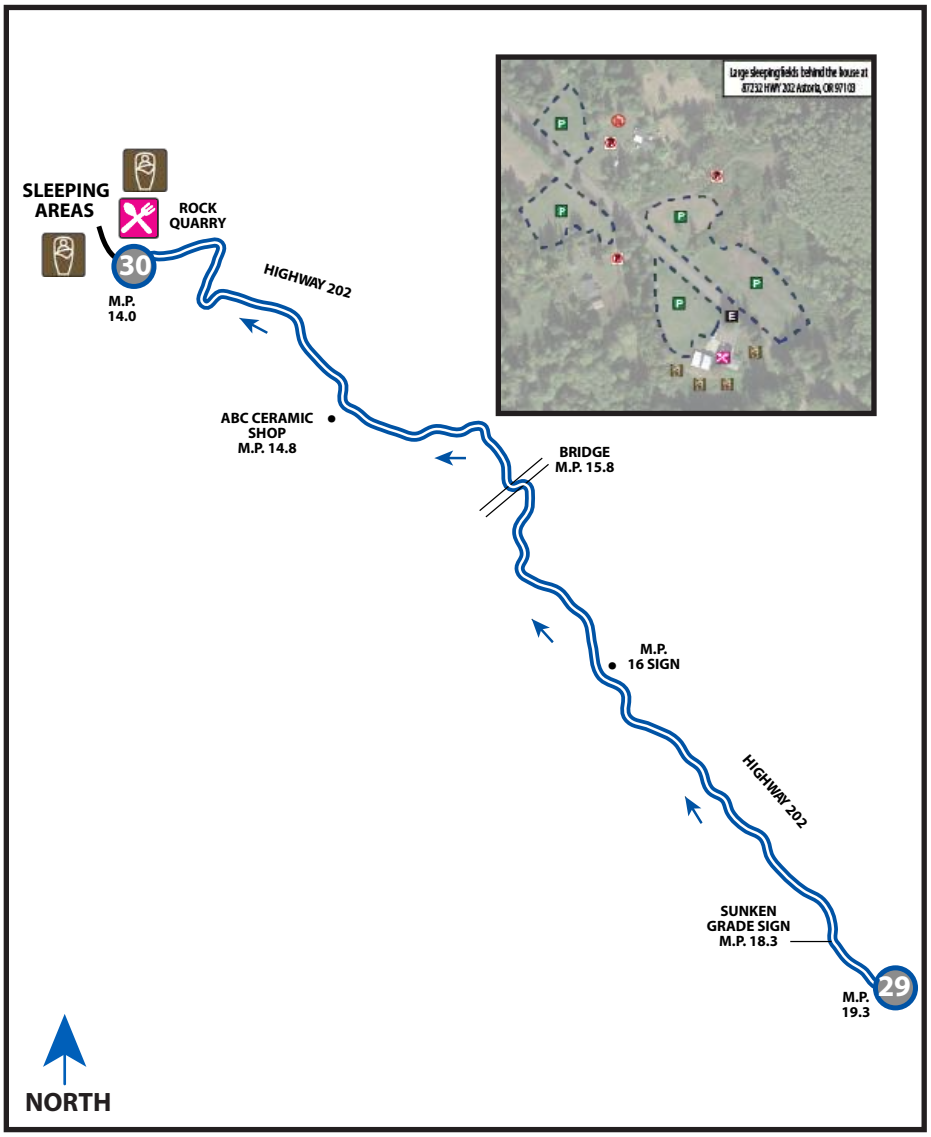
30

LEG DESCRIPTION: Gradual uphill and steep downhill on winding narrow back road with minimal shoulder.

EXCH 30 ADDRESS: 87232 HWY 202 Astoria, OR 97103

GPS: 46.065768, -123.692707

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 29 TO EXCH 30

	0.00	Exchange 29 (HWY 202 m.p. 19.4)
↑	3.37	m.p. 16 sign
↑	3.53	Nehalem River Bridge (m.p. 15.8)
	5.32	Exchange 30 (Astoria - HWY 202)

EXCHANGE NOTES

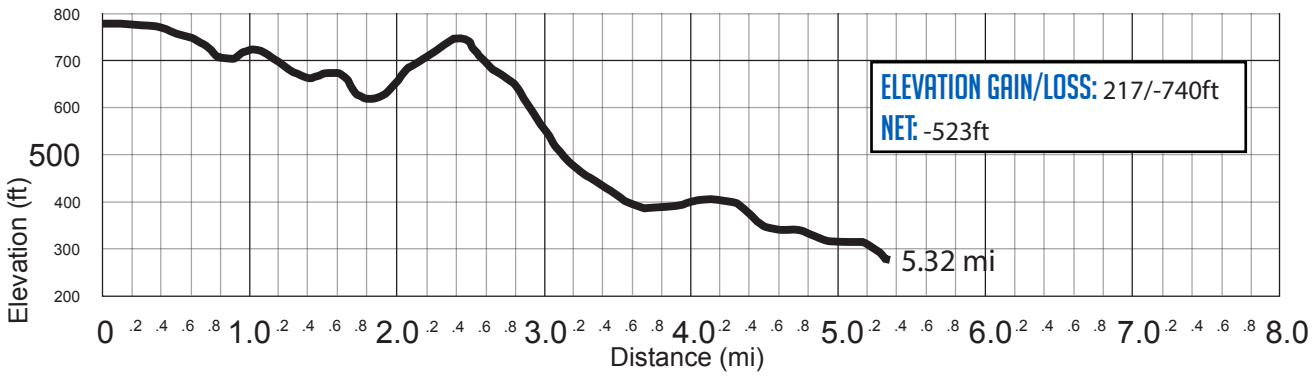
Parking: On right and left side of highway near exchange. Follow volunteer directions.

Do not drop runner off near exchange (causes immediate back-up).

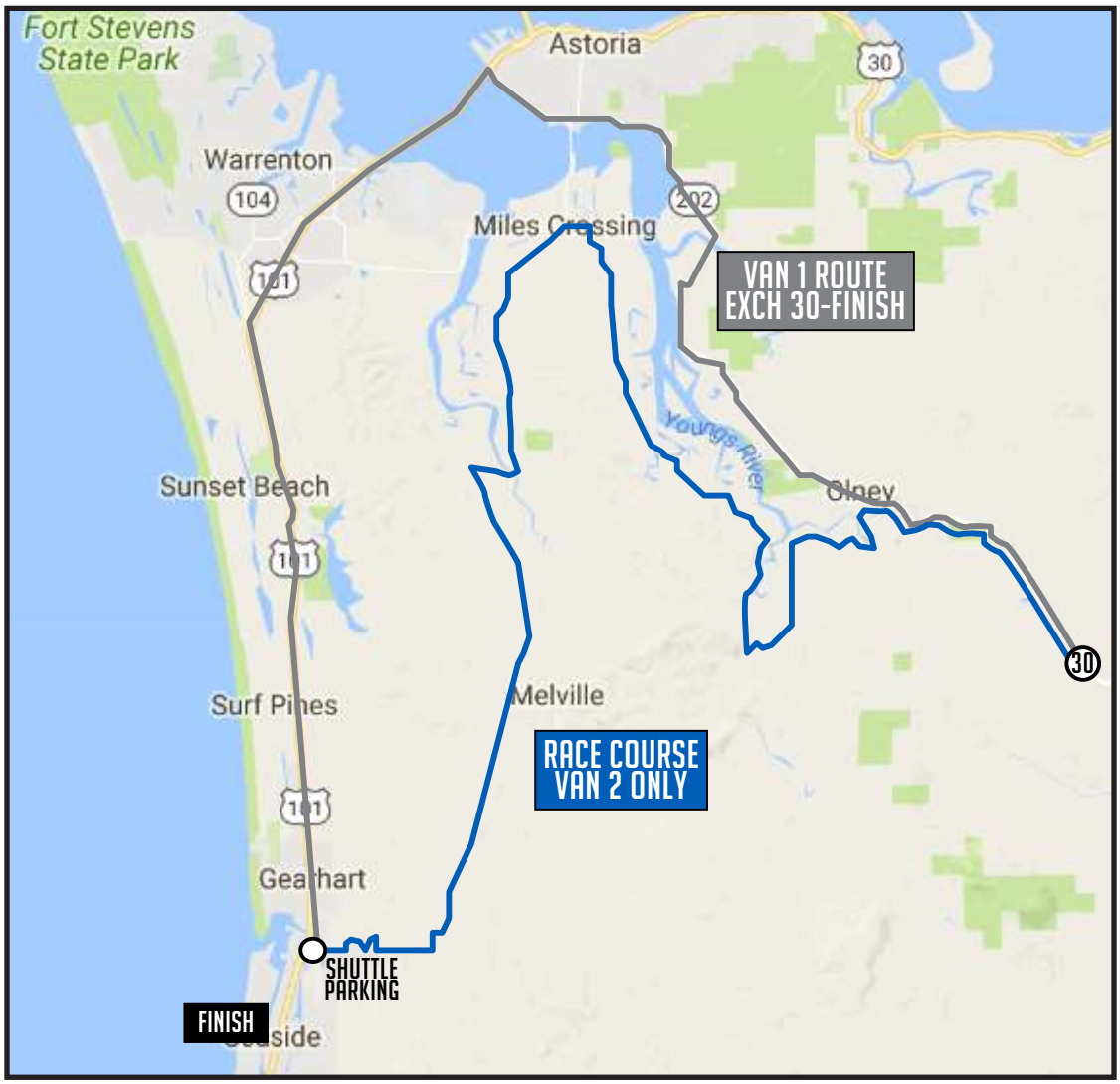
Exchange 30 sleeping only permitted in designated, roped off sleeping areas. Tents are NOT allowed at Exchange 30. **Race DQ if found sleeping on ground next to vehicle.**

Provisions: Course Fundraiser
Fuel: No (nearest fuel - 13miles on HWY 202 into Astoria)

COURSE FUNDRAISER
LOCAL COMMUNITY FAMILY
FRIDAY 10:00PM - CLOSE
FOOD: DINNER: Hamburgers, chicken burgers, potato salad. BREAKFAST: Eggs, bacon, ham & cheese croissants, muffins. LUNCH: hamburgers, hotdogs, yogurt, fruit, bagels



VAN 1 ROUTE TO FINISH



NOTES

This route takes 45-50 minutes to Seaside and is substantially faster than following the race course.

ONLY VAN 2 WITH A COLORED "RACE VEHICLE" SIGN IN WINDOW WILL BE ALLOWED TO PROCEED ON THE COURSE BETWEEN EXCH 31 AND SEASIDE.

VAN 1 DIRECTIONS FROM EXCH 30 TO FINISH

	0.00	Exchange 30 (87232 HWY 202)
↑	0.00	Continue north on HWY 202 following race course
↑	4.30	Exchange 31 - continue north on HWY 202 (Van 2 breaks off here)
↑	13.55	At the traffic circle take the 2nd exit onto HWY 101 S towards Warrenton/Seaside Continue on HWY 101 S for 25 miles to Seaside
	27.00	You've made it to the finish in Seaside!

The Finish is on the beach at the end of Broadway St (commonly called "the turnaround/prom") in Seaside. Park at Seaside High School and meet your anchor runner one block north of the turnaround on the beach where Oceanway Ave dead-ends at the beach.

VAN 2 3.96 MI | MODERATE

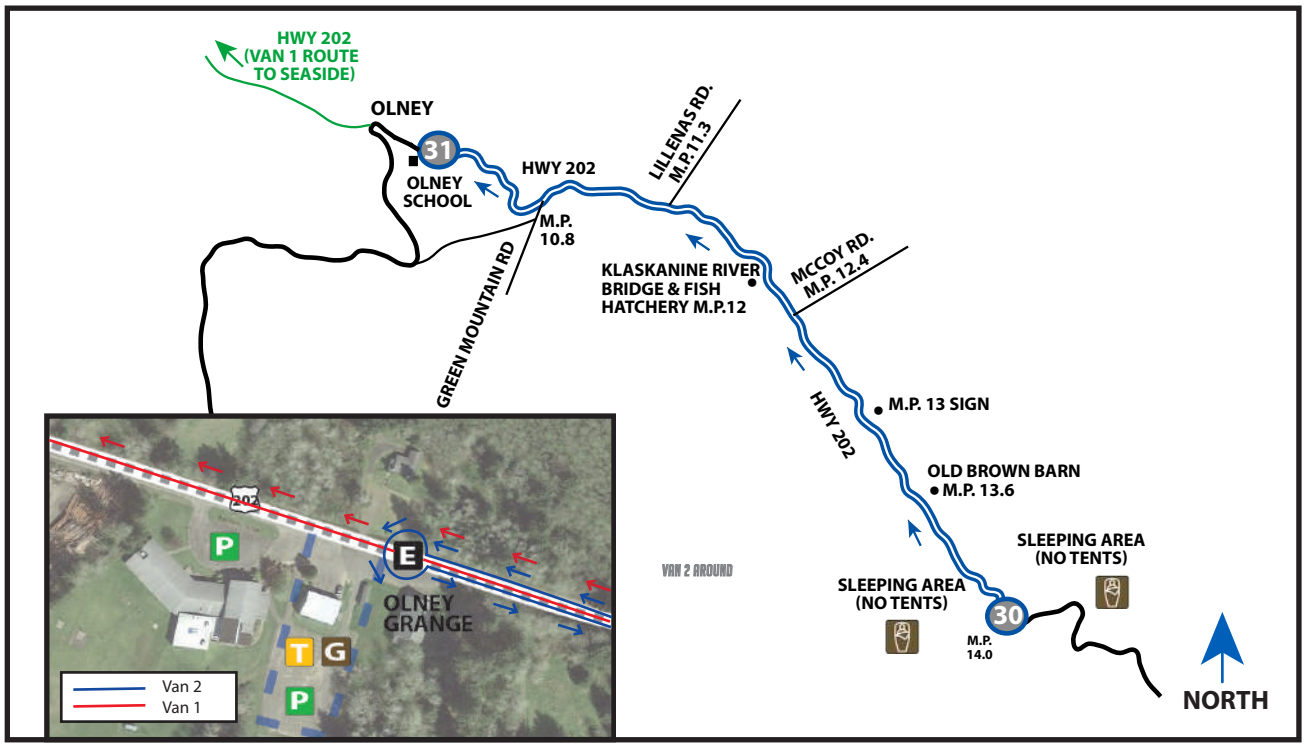
NAMED AFTER: TED B.

LEG DESCRIPTION: Gradual hills on narrow paved back country road.

EXCH 31 ADDRESS: 89386 HWY 202 Astoria, OR 97103

GPS: 46.097719, -123.749397

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 30 TO EXCH 31

	0.00	Exchange 30 (Astoria - HWY 202)
↑	0.85	m.p. 13 sign
↑	1.56	McCoy Lane
↑	2.06	Klaskanine River Bridge and Fish Hatchery (m.p. 12)
↑	2.67	Lillenas Rd (m.p. 11.3)
↑	3.13	Olney Lane
	3.96	Exchange 31 (Coastline Christian Fellowship Church)

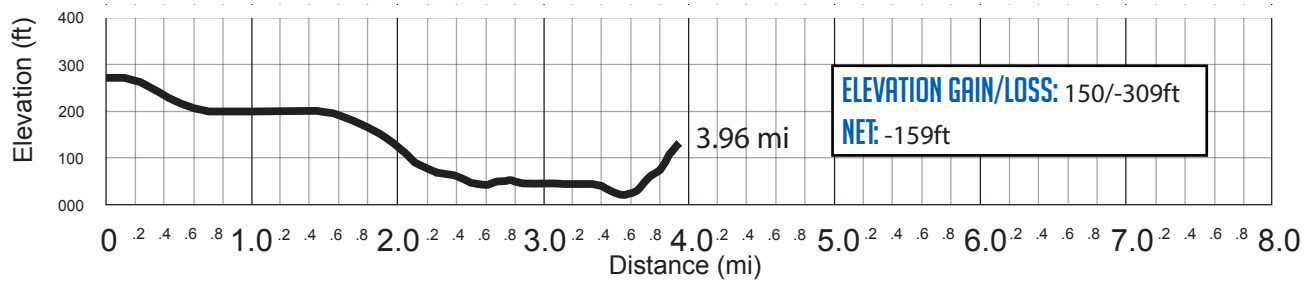
EXCHANGE NOTES

Parking: In Olney Grange lot on the left and church parking lot on the right.

Van 1 continues straight on HWY 202. Van 2 and participants turn around on HWY 202 to continue on leg 32.

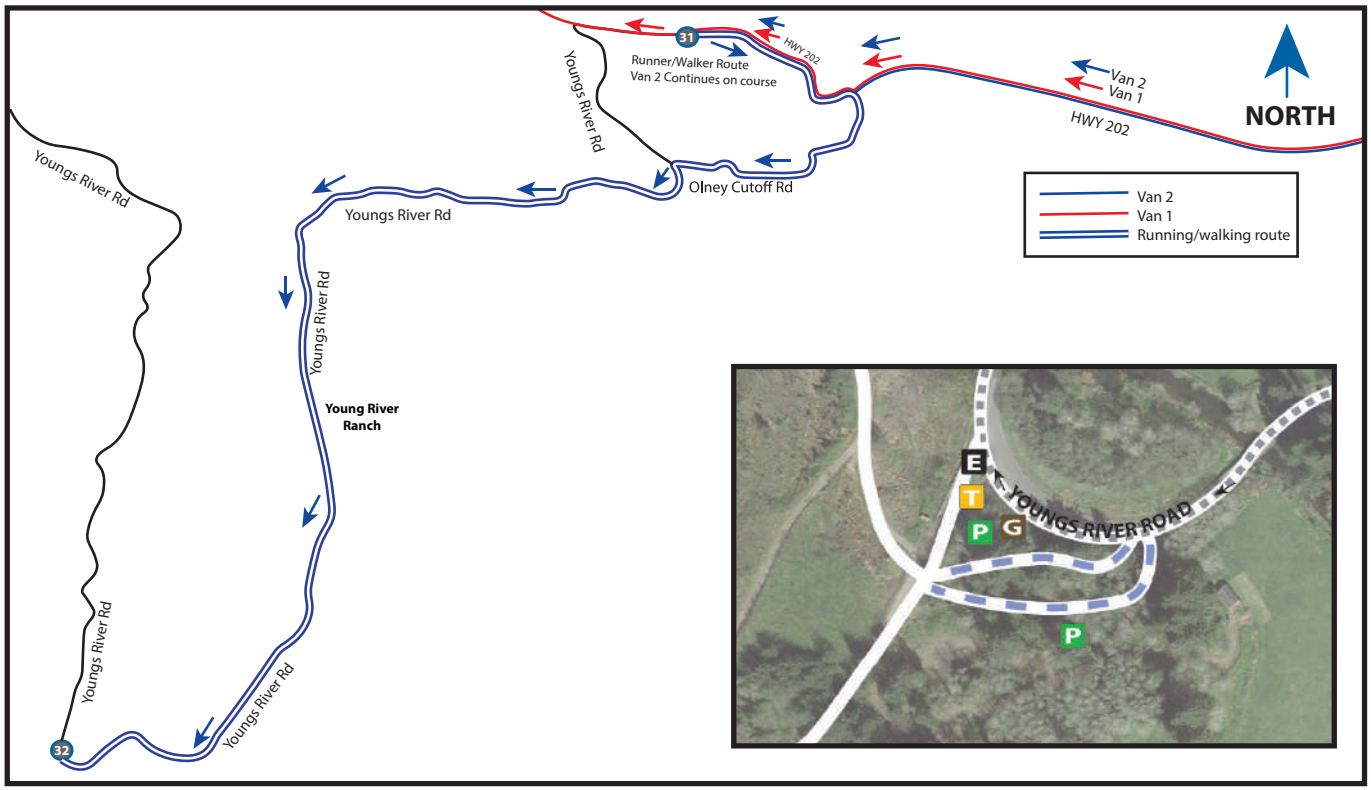
Provisions: None

Fuel: No (nearest fuel - 9 miles on HWY 202 into Astoria)



32 VAN 2 4.80 MI | MODERATE

LEG DESCRIPTION: Basically flat terrain on narrow country roads around Young's River.
EXCH 32 ADDRESS: Youngs River Falls, Astoria, OR, 97103
GPS: 46.069758, -123.787865
NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 31 TO EXCH 32 FOR VAN 2 AND PARTICIPANTS

0.00 Exchange 31 (Coastline Christian Fellowship Church)
→ 0.00 Turn **RIGHT** onto HWY 202
→ 0.80 Turn **RIGHT** Olney Cutoff Road
→ 1.10 Turn **RIGHT** to stay on Olney Cutoff Road
← 1.60 Turn **LEFT** onto Youngs River Road
↑ 4.80 Exchange 32 (Youngs River Falls)

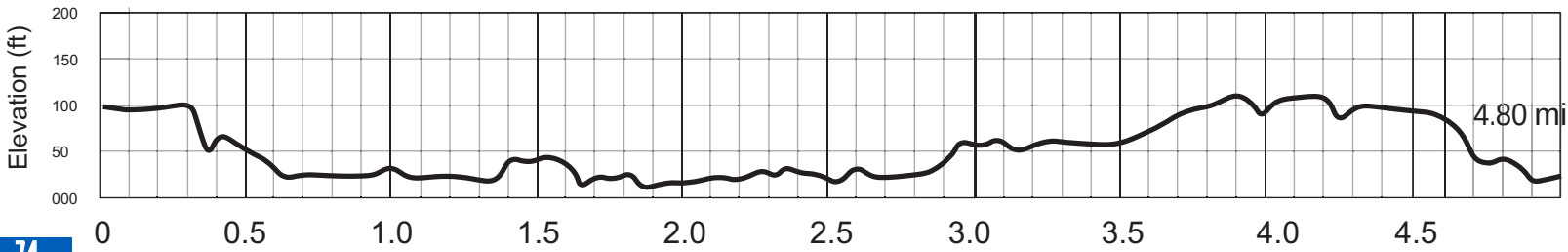
EXCHANGE NOTES

Parking: VERY LIMITED, follow volunteer instructions. NO PARKING ON ROAD SHOULDER. Expect heavy traffic delays due to limited parking.

Provisions: No
Fuel: No (nearest fuel - 11 miles north in Astoria)

ONLY VAN 2 WITH COLORED "RACE VEHICLE" SIGN IS ALLOWED TO PROCEED ALONG THE RACE COURSE, VAN 1 MUST TURN ONTO HWY 202 AND PROCEED TO SEASIDE (SEE PAGE 72)

ELEVATION GAIN/LOSS: +218 ft / -744 ft



VAN 2

7.72 MI | HARD

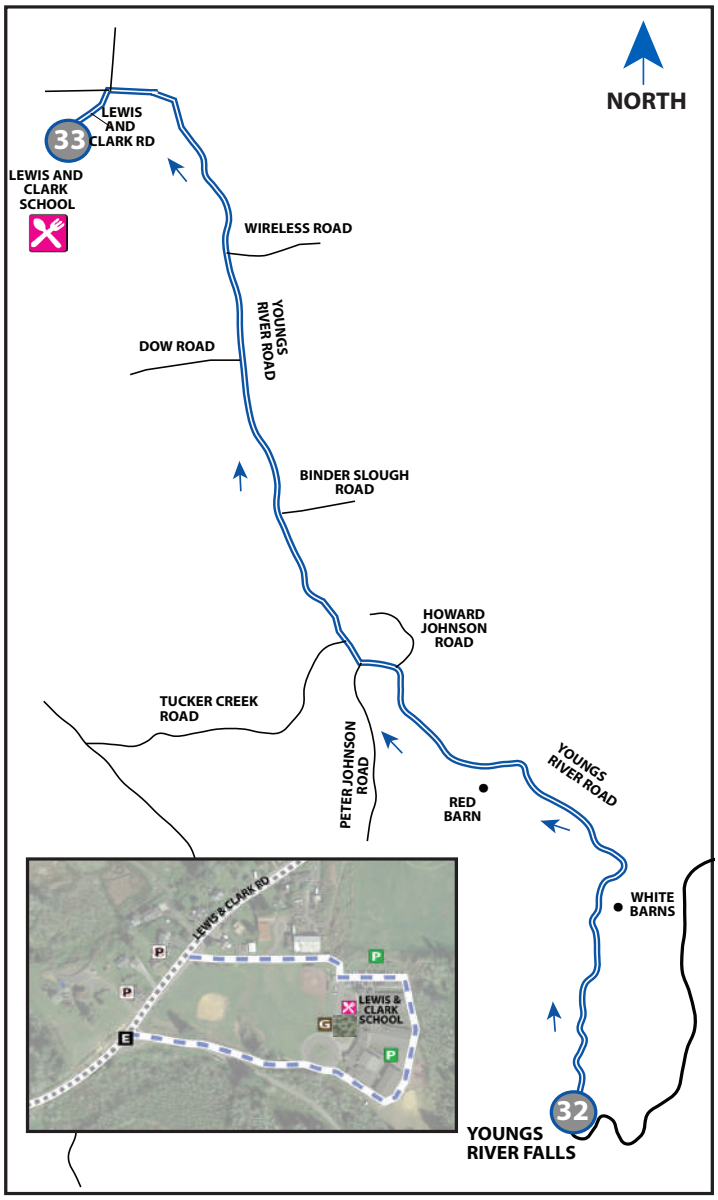
NAMED AFTER: WALT G.

LEG DESCRIPTION: Rolling hills on narrow country roads.

EXCH 33 ADDRESS: 92179 Lewis & Clark Rd Astoria, OR 97103

GPS: 46.147492, -123.846048

NOTES: ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG



DIRECTIONS FROM EXCH 32 TO EXCH 33

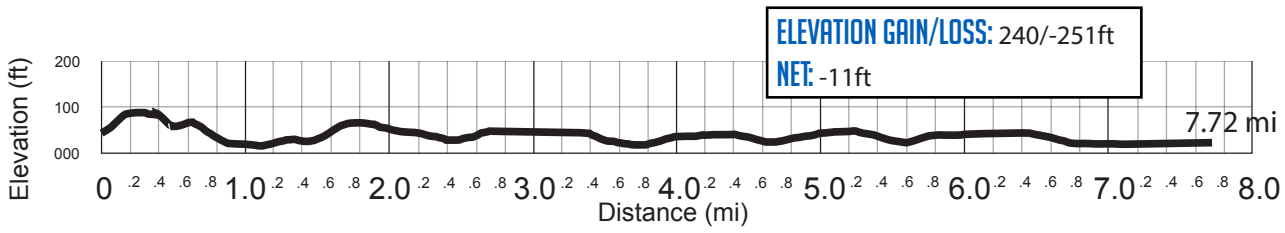
	0.00	Exchange 32 (Youngs River Falls)
	3.67	Water Station
↑	3.67	Tucker Creek Rd
↑	5.12	Binder Slough Rd
↑	6.18	Dow Rd
↑	6.60	Wireless Rd
←	7.29	Turn **LEFT** onto Lewis & Clark Rd
	7.72	Exchange 33 (Lewis & Clark School)

EXCHANGE NOTES

Parking: At Lewis & Clark School.

Provisions: Course Fundraiser
Fuel: No

COURSE FUNDRAISER
LEWIS & CLARK CAL RIPKEN BASEBALL
SATURDAY 4:00AM - CLOSE
FOOD: Hamburgers, hotdogs, doughnuts, candy bars
BEVERAGES: Coffee, soft drinks



NAMED AFTER: KEN T.

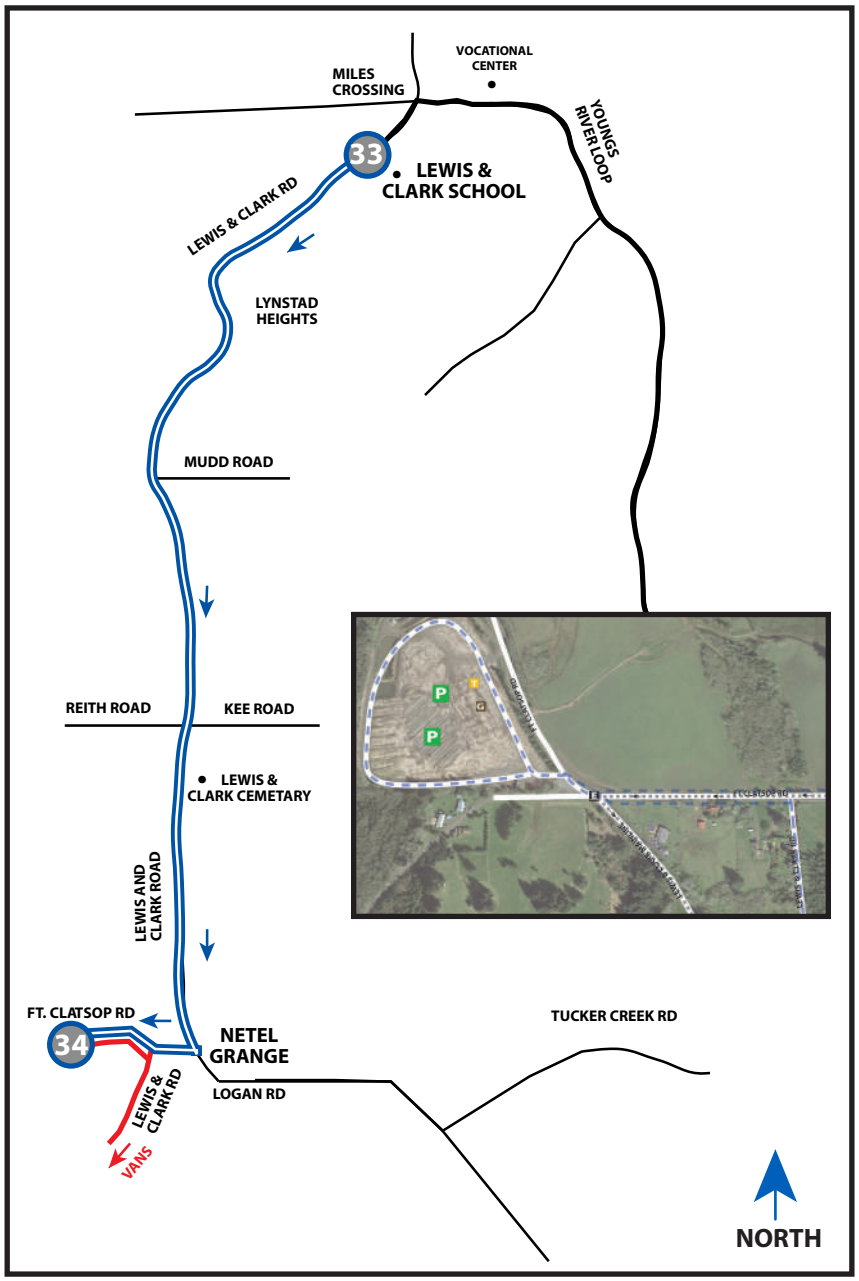
34 VAN 2 4.12 MI | EASY

LEG DESCRIPTION: Very short leg in length with gently rolling hills along paved country roads.

EXCH 34 ADDRESS: 90886 Fort Clatsop Rd, Astoria, OR 97103

GPS: 46.104487, -123.866126

NOTES:



DIRECTIONS FROM EXCH 33 TO EXCH 34

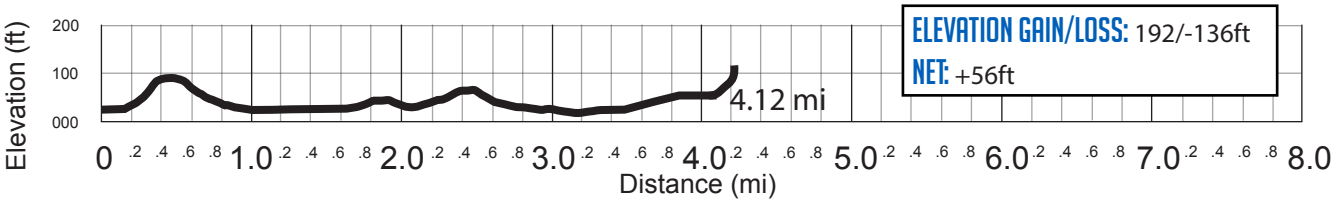
	0.00	Exchange 33 (Lewis & Clark School)
↑	0.61	Lynstad Heights
↑	1.82	Mudd Rd
↑	2.43	Kee Rd/Reith Rd
↑	2.66	Lewis & Clark Cemetery
→	3.32	Turn **RIGHT** onto Lewis & Clark Rd
→	3.43	Turn **RIGHT** onto Fort Clatsop Rd
←	4.08	Turn **LEFT** onto Lewis & Clark Mainline
	4.12	Exchange 34 (Lewis & Clark Mainline)

EXCHANGE NOTES

Parking: In log scale in station near corner of Fort Clatsop Rd / Lewis & Clark Mainline.

Provisions: No
Fuel: No

ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG



ELEVATION GAIN/LOSS: 192/-136ft
NET: +56ft

VAN 2

7.07 MI | HARD

NAMED AFTER: LOPEZ L.

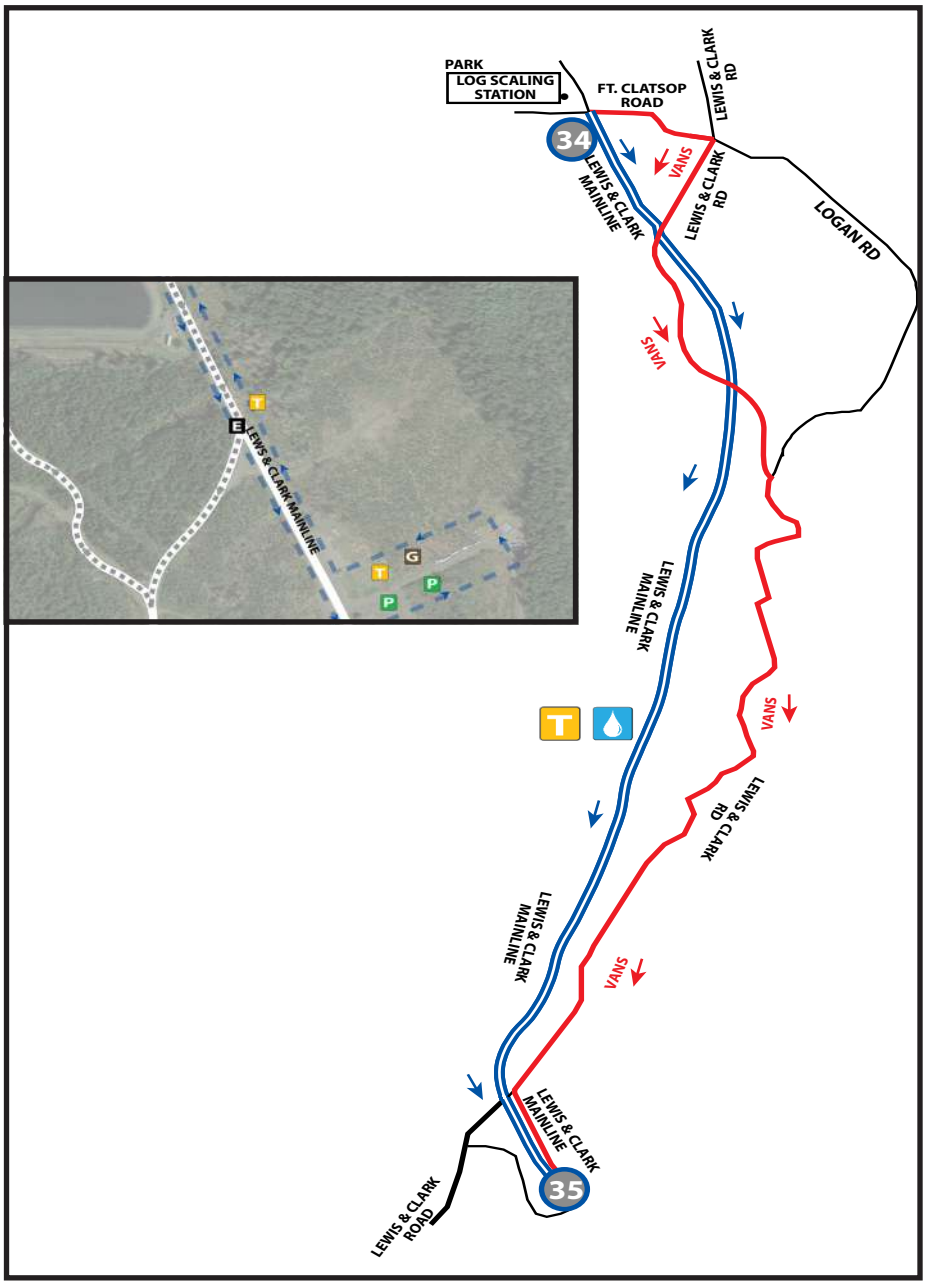
35

LEG DESCRIPTION: Gently rolling terrain along a combination of paved and gravel roads.

EXCH 35 ADDRESS: 6645 Lewis & Clark Rd Seaside, OR 97138

GPS: 46.007615, -123.867294

NOTES: Do not litter or drop water bottles on the Lewis & Clark Mainline Trail!



DIRECTIONS FROM EXCH 34 TO EXCH 35

	0.00	Exchange 34 (Lewis & Clark School)
↑	0.92	Lewis & Clark Rd
←	1.92	Turn **LEFT** onto Lewis & Clark Rd
	3.80	Water Station
↑	6.43	Lewis & Clark Mainline
	7.07	Exchange 35 (Lewis & Clark Mainline)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE

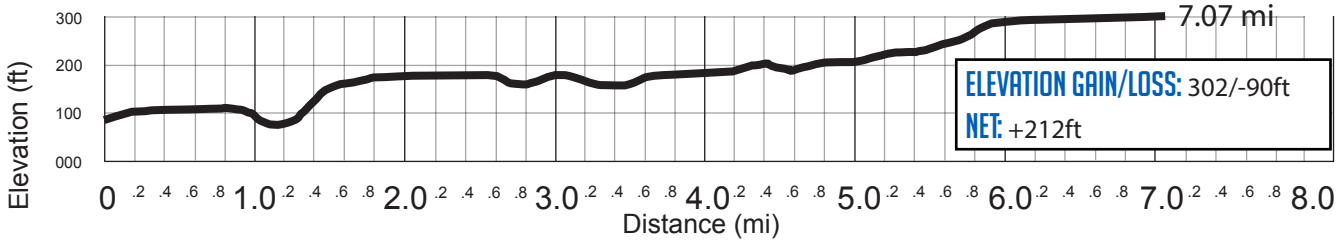
	0.00	Exchange 34 (Lewis & Clark School)
	0.00	Head southeast on Fort Clatsop Rd
→	0.67	Slight **RIGHT** onto Lewis & Clark Rd
←	7.58	Turn **LEFT** onto Lewis & Clark Mainline
	8.1	Exchange 35 (Lewis & Clark Mainline)

EXCHANGE NOTES

Parking: Down private road (Lewis & Clark Mainline). NO PARKING ON ROAD SHOULDERS.

Provisions: No
Fuel: No

ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG



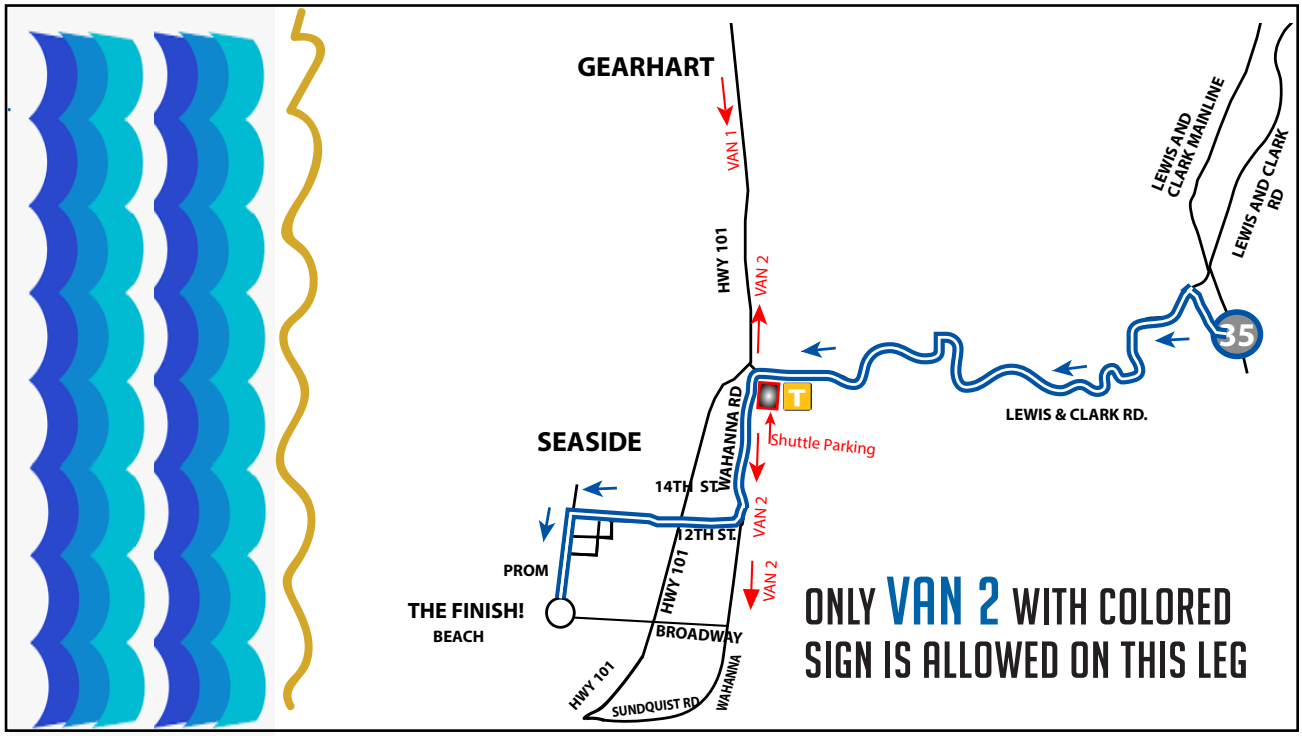
NAMED AFTER: CINDIE M.

36 VAN 2 5.03 MI | MODERATE

LEG DESCRIPTION: Challenging up and steep downhills on winding paved roads to finish on sand near Broadway turnaround.

EXCH 36/FINISH ADDRESS: 30 North Promenade, Seaside, OR 97138

GPS: 45.993835, -123.930111



DIRECTIONS FROM EXCH 35 TO FINISH

0.00 Exchange 35 (Lewis & Clark Mainline)

← 0.79 Turn **LEFT** onto Lewis & Clark Rd

↑ 2.75 "The Retreat" condos

← 3.12 Turn **LEFT** onto Wahanna Rd

→ 3.73 Turn **RIGHT** onto 12th Ave

↑ 3.97 Wait until crosswalk light, then continue **STRAIGHT** on 12th Ave sidewalk (xing against crosswalk signal may result in DQ)

← 4.47 Turn **LEFT** onto Promenade

5.03 FINISH on sand at turnaround!

DRIVER NOTES - VANS DO NOT FOLLOW COURSE, SEE PG 72 FOR DIRECTIONS

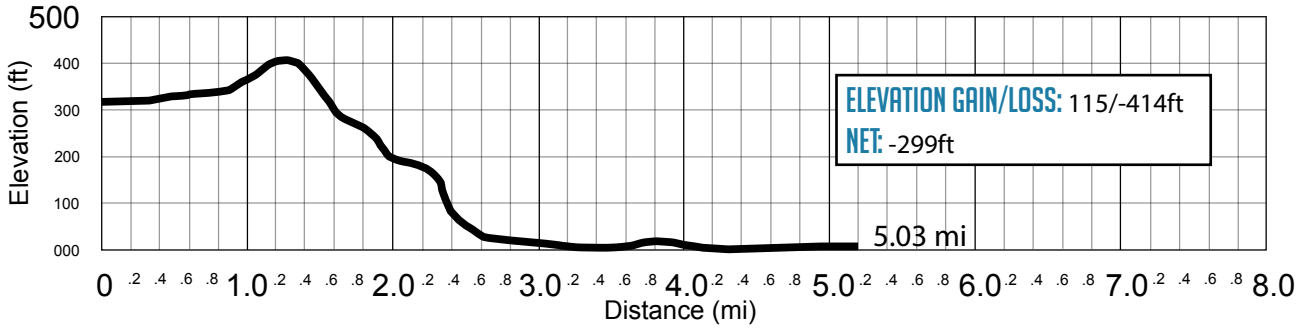
FINISH NOTES

Parking: See page 80 for driving directions and parking maps.

Provisions: Food & Beverages on the beach and nearby restaurants. Live music, beer/wine garden throughout the day and evening until 11pm!

Recycling, ATM, basic first aid within Beach Party. See pages 10 & 11 for more on festivities and entertainment!

Open containers on promenade are not allowed.



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MARKETING
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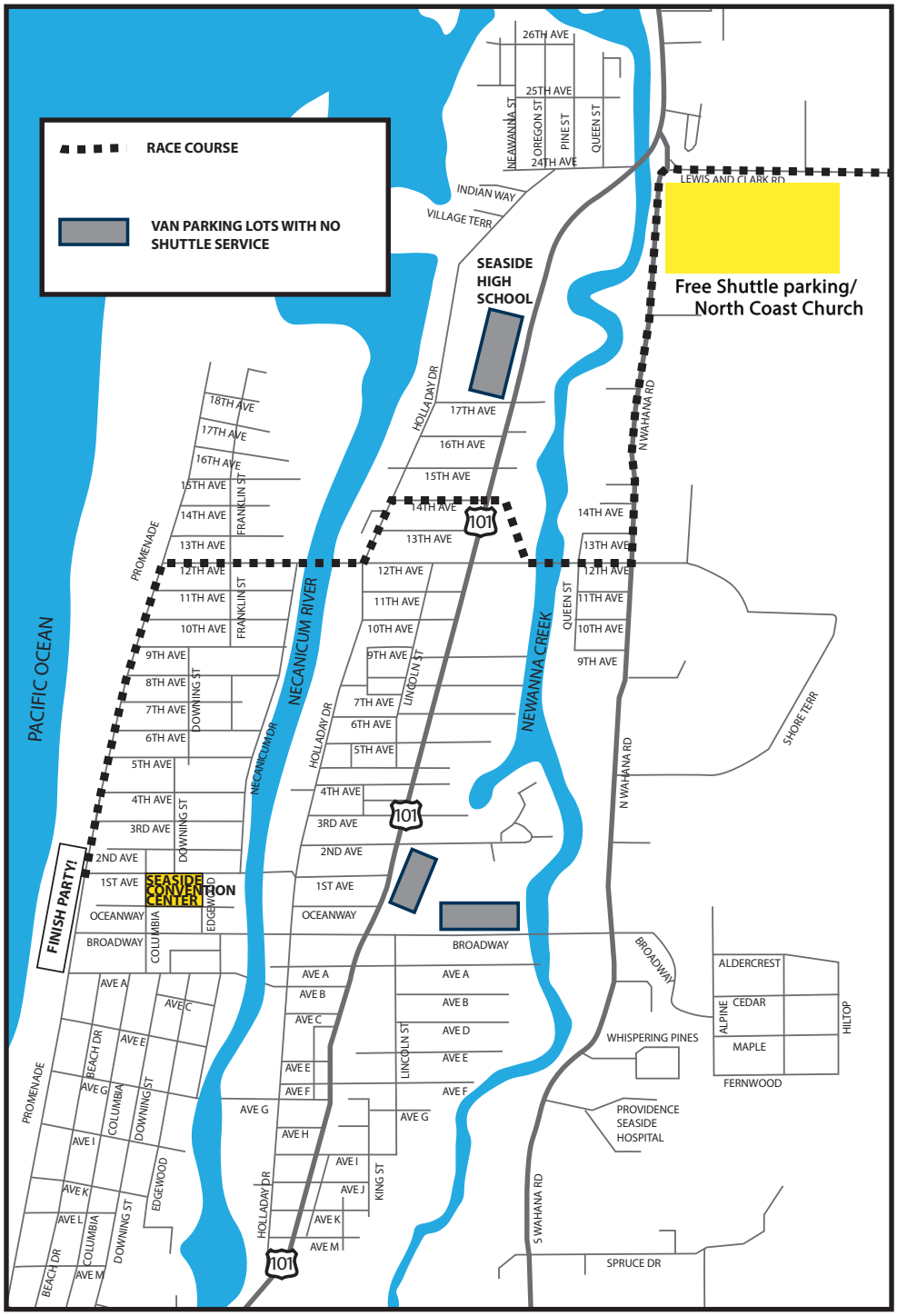
BRAND STRATEGY

Quinn Thomas (Portland + Seattle)

QuinnThomasPR

DIRECTIONS TO SEASIDE AVAILABLE PARKING



DRIVING DIRECTIONS

Vans follow runner route until reaching Wahanna Rd/HWY 101. Vans must turn **RIGHT** onto HWY 101. The best place to turn around is about 0.9 miles north at the Pacific Way signal light. Proceed to available parking.

COURSE FUNDRAISER
BROADWAY MIDDLE SCHOOL
SATURDAY 6:00AM - 3:00PM
SHOWERS: $5 (includes shampoo/ conditioner, towels available for $5)

PARKING LOTS

Broadway Middle School - 1120 Broadway St, Seaside, OR 97138
Broadway Park - 1300 Broadway St, Seaside, OR 97138
Seaside High School - 1901 N Holladay Dr, Seaside, OR 97138

SHUTTLE SERVICE (FREE)-Runs every 15 minutes to Convention Center from **Northcoast Family Fellowship Church**

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HOOD to COAST RELAY

#HTC22

In 2021, **over 10,000** photos were tagged with #HTC21! Be a part of the 2022 social scene on Hood To Coast's Facebook, Instagram,and Twitter pages. Use #HTC40 to celebrate our 40th Anniversary!

/HOODTOCOAST @HTCRELAY @HTCRELAY

2021 RESULTS & RECORDS

WOMEN'S ELITE
Any age, average pace under 6:10.

			Time	Pace
Course Record		*Nike Women's Elite (1996)*	*18:49:54*	*05:46*
New Category, other past notable times				
		Rolling Thunder II (1995)	*19:04:19*	*05:50*
		Nike Women's Elite (1997)	*19:08:59*	*05:52*

WOMEN'S OPEN
Any age, at least one runner under 30.

Course Record		*Nike Elite Women (1996)*	*18:49:54*	*05:41*
2021 Results	1	#grrls	23:21:18.4	7:08
	2	I M Screaming	26:25:09.8	8:04
	3	Who Run The World	27:56:53.4	8:31
	4	Colorado Sole Sisters	28:50:50.4	8:48
	5	Girls Run Wild	29:16:07.0	8:56
	6	The Slow And The Furious	29:34:47.5	9:01

WOMEN'S SUBMASTERS
Min age of all runners is 30.

Course Record		*Baba Yaga (2004)*	*21:32:07*	*6:30*
2021 Results	1	Team Athena Tight Assets	22:40:43.0	6:55
	2	Runder Women	27:03:27.8	8:15
	3	Great Faces Great Paces	27:43:10.6	8:27
	4	Mother Runner	28:13:00.9	8:36
	5	Mama Cheetahs	28:50:15.3	8:48
	6	Moms Who Wine	30:09:08.8	9:12

WOMEN'S MASTERS
Min age of all runners is 40.

Course Record		*Baba Yaga (2010)*	*23:14:10*	*07:00*
2019 Results	1	Spokane Swifts	23:51:02.4	7:17
	2	Nature Girls	27:26:24.0	8:22
	3	Stink Or Swim!	34:00:21.3	10:22

WOMEN'S SUPERMASTERS
Min age of all runners is 50.

Course Record		*Hot Shoes Returns (2001)*	*24:21:02*	*07:21*
2019 Results	1	Desperate Housewives	30:51:38.3	9:25
	2	Femme Fatale Supers	32:24:46.7	9:53
	3	Heart -N - Sole	34:10:08.5	10:25

WOMEN'S CHAMPION MASTERS
Average age of all participants is 60

Course Record		*Stumptown Women's Run Club (2021)*	*29:21:01.3*	*8:57*
2019 Results	1	Stumptown Women's Run Club	29:21:01.3	8:57
	2	Tualatin Supermasterpieces	34:26:57.3	10:30

CORPORATE WOMEN'S OPEN
Any age, ALL from the SAME business.

Course Record		*BAC Women (2012)*	*22:21:06*	*06:44*
2019 Results	1	Starlins Angels	25:28:59.5	7:46
	2	The Ultimate Girls Trip For South Sudan	33:57:42.8	10:21

MEN'S ELITE
Any age, average pace under 5:10.

			Time	Pace
Course Record		*Nike Mambu Baddu (1994)*	*15:56:54*	*04:49*

MEN'S OPEN
Any age, at least one runner under 30.

			Time	Pace
Course Record		*Nike Mambu Baddu (1994)*	*15:56:54*	*04:49*
2021 Results	1	Run Long And Prosper	19:55:16.7	6:05
	2	Always On Track	21:57:08.1	6:42
	3	Do Or Die	22:43:51.9	6:56
	4	Hot And Dangerous	22:46:05.8	6:57
	5	Slumjog Millionaire	22:58:39.4	7:01
	6	Running Hungry	23:28:46.1	7:10

MEN'S SUBMASTERS
Min age of all runners is 30.

Course Record		*Running With Woodie (1994)*	*17:26:38*	*05:16*
2021 Results	1	Ad Astra	20:47:29.0	6:21
	2	Some Zags	20:58:58.4	6:24
	3	Meshingomesia Track Club	21:17:24.6	6:30
	4	Nature Boyz	22:53:19.9	6:59
	5	Running From The Vid	23:28:14.0	7:10
	6	Baba Ganoush	24:24:46.2	7:27

MEN'S MASTERS
Min age of all runners is 40.

Course Record		*Reebok Road Kill California (2001)*	*17:57:05*	*05:25*
2021 Results	1	Extra Virgins	21:25:21.0	6:32
	2	Dead On Arrival	22:55:59.7	7:00
	3	Team Bula	24:30:59.8	7:29
	4	Northern Kentucky's Most Interesting	24:32:31.6	7:29
	5	The Planks	25:04:58.0	7:39

MEN'S SUPER MASTERS
Min age of all runners is 50.

Course Record		*Aging Heroes (2001)*	*20:37:08*	*06:13*
2021 Results	1	Masters Of The Universe	23:42:47.1	7:14
	2	Big Kahunas	24:56:32.5	7:37
	3	Mr Mojo Risin'	25:15:58.0	7:42
	4	Big Daddy's	28:08:58.3	8:35
	5	Grateful Not Dead	28:19:00.8	8:38

MEN'S CHAMPION MASTERS
Average age of all participants is 60

Course Record		*Marin Super Seniors (2015)*	*22:33:50*	*06:48*
2021 Results	1	Ne Boyz Elite	24:11:27.0	7:23
	2	Pdq Lemmings	28:11:19.8	8:36
	3	Dead Jocks In A Box	29:33:47.4	9:01
	4	Temporary Insanity	30:01:57.0	9:10
	5	Nightcrawlers	30:04:25.9	9:10
	6	Marin Super Seniors	30:14:44.4	9:13

CORPORATE MEN'S OPEN
Any age, ALL from the SAME business.

Course Record		*Bowerman AC (2008)*	*16:58:30*	*05:07*
2021 Results	1	Bowerman Track Club	17:19:01	5:14
	2	Google1	19:21:02	5:50
	3	Knight Runners	22:44:21	6:52
	4	Chiberia	23:17:57	7:02
	5	#3stripelife	23:40:29	7:09

MIXED OPEN
At least half women. Any age,at least one under 30.

Course Record		*Nike Team Swoosh (1992)*	*18:22:22*	*05:32*
2021 Results	1	The Lostboys	18:34:49.2	5:40
	2	North Queens S Runners	19:59:18.6	6:06
	3	Roll Tech	20:25:10.8	6:14
	4	Grandstans	20:36:55.3	6:17
	5	The Devil Wears Strava	22:05:58.0	6:45
	6	Holding Hands With Dinosaurs	22:15:43.6	6:48

MIXED SUBMASTERS
At least half women. Min ages of all runners is 30.

Course Record		*Slug Hunters (1994)*	*20:00:45*	*06:02*
2021 Results	1	NY Bad Apples	20:01:22.0	6:07
	2	Leap'n Lizards	20:19:31.1	6:12
	3	Puke & Rally	21:24:20.2	6:32
	4	Rogue Racers	22:13:28.1	6:47
	5	Scrambled Legs And Burnt Toes	24:23:31.2	7:26
	6	Pku Atlantic	26:18:53.2	8:02

MIXED MASTERS
At least half women. Min age of all runners is 40.

Course Record		*No Runin' Til The Van Passes (2001)*	*19:42:49*	*05:57*
2021 Results	1	White Flag	23:16:52.2	7:06
	2	Su Runners	24:05:14.4	7:21
	3	Marathon Maniacs/half Fanatics	26:42:23.1	8:09
	4	The Fast And The Forty Plus	27:17:14.1	8:19
	5	Jfgp 2 Life	27:41:27.8	8:27
	6	Where My Beaches At?!	27:57:22.1	8:32

MIXED SUPERMASTERS
At least half women. Min age of all runners is 50.

Course Record		*Pace Setter Gray Hounds (2000)*	*21:33:43*	*06:30*

MIXED CHAMPION MASTERS
At least half women. Average age of all participants is 60

Course Record		*Better At Runnin' Up A Tab*	*27:16:47.1*	*08:19*
2021 Results	1	Better At Runnin' Up A Tab	27:16:47.1	8:19
	2	Wild Eye Express	30:36:09.1	9:20
	3	Since 1989 The Coastbusters	31:43:27.9	9:41
	4	Classic Collection	32:17:10.3	9:51
	5	The Original Chafing The Dream	32:58:41.8	10:03

CORPORATE MIXED OPEN
Any age, ALL from SAME business, at least half women.

Course Record		*Nike Tarahumara(2010)*	*19:12:37*	*5:48*
2021 Results	1	Ge Runners	21:53:09.2	6:41
	2	Lululemon YVR	24:00:22.4	7:19
	3	Hacker	24:59:12.9	7:37
	4	Lululemon Vancouver	25:53:23.0	7:54
	5	Lp's Got Sole	26:49:08.0	8:11
	6	Runtrill	27:04:06.7	8:15

Top Providence Cancer Institute Fundraisers (HTC/PTC)

HTC/PTC Record		*Genworth Financial (2008)*	*$83,000*
2021 Results	1	Popped Our Corks	$57,537
	2	Lawn Gone And Hauling Grass	$22,987
	3	Vestas Tubinators	$22,918
	4	Hood 2 Toast	$20,843
	5	Howard S. Wright	$19,757
	6	Pratical Cruisin	$19,230

NIKE AIR ZOOM PEGASUS 39

The most legendary name in running returns, even better than before.

These roads are best run together.

ELIUD KIPCHOGE
2-time Olympic Gold Medalist

MANAGING HYDRATION
For Relay Events

STRATEGIES:

- Calculate your sweat rate and fluid needs per hour
- Practice hydration during training, in different temperature conditions
  - If < 60 min, water is sufficient
  - If > 60 min, use sports drink or water + gel/blocks/beans
  - Use a hand-held water bottle, waist pack, or hydration vest
- Plan for your event
  - Purchase and prep drinks for each leg of the relay
  - Extra fluid needed for hot temps and high elevations
- After each leg
  - Replace electrolytes, carbs, and protein (goal 15-20 grams), replenishing fuel stores for next segment

Sports Drink

- Can be consumed while exercising
- Replaces electrolytes after workout/ event

Protein Shake

- Consume after exercise
- Replaces protein, carbs, and electrolytes after workout/event

Calculating Sweat Rate:

- Urinate, then weigh yourself unclothed
- Exercise for 1 hour (if possible, avoid drinking or urinating)
- Re-weigh yourself unclothed

Pre-exercise weight - Post-exercise weight = Weight lost during 1 hr of exercise

- Each pound lost = 16 oz fluid
- Example: 150.0 lb pre weight

-147.2 lb post weight

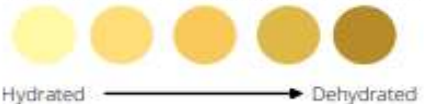
-2.8 lb x 16 oz =

45 oz fluid lost per hour while exercising

Hydration Science

Most people know about sodium, but sweat also contains magnesium and potassium, which are important in maintaining fluid balance and muscle function. A lack of either mineral can worsen the symptoms of dehydration and cause extreme muscle cramps. Good sources include:
Magnesium: Leafy greens, almonds, pumpkin seeds, tofu, flaxseeds
Potassium: Bananas, pomegranate juice, beets, tomatoes, oranges

Hydration Status Guide



Urine color can be used to determine hydration level. The darker the urine, the more dehydrated you are. The goal is a pale yellow color.

Symptoms of Heat Exhaustion

- Excessive sweating
- Nausea/vomiting
- Cold, clammy, pale skin
- Dizziness Headache
- Muscle cramps
- Rapid pulse

Symptoms of Dehydration

- Extreme thirst
- Very dry mouth, lips, eyes
- Dark yellow, odorous urine
- Irritability
- Dizziness
- Confusion
- Lack of sweating
- Rapid breathing/heart rate

BY THE VAN: Warm Up & Cool Down

A good dynamic warm up is an essential element of any physical activity. Devoting time to a thorough warm up can help improve performance by increasing core body temperatures, preparing muscles and joints for movements, sharpening mental focus, and, importantly, decreasing injury risk. A cool down can help your body get back to rest and recovery quicker, as well as keep your muscles and joints in good working order.

WARM UP

START FINISH

COOL DOWN

HIP FLEXOR STRETCH

Place one foot on the ledge of the van inside an open door, with your other foot down on the ground. Stand tall, lean forward into van keeping both feet flat, until you feel a moderate stretch on the front of the hip, then return to start. Repeat 15 times each side, holding for 1 sec during stretch.

HIP FLEXOR STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING CALF STRETCH

Using van for balance, lunge one foot a few feet forward, keeping both feet flat on the ground. Bend the front knee and lean forward, keeping the back leg straight and the back heel flat on the ground until you feel a moderate stretch on the back of your calf and knee. Repeat 15 times each side, holding for 1 sec during stretch.

STANDING CALF STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING HAMSTRING

Place one heel on the ledge of the van inside an open door. Stand tall and lean forward, keeping your back straight and neutral. Keeping both legs as straight as possible, lean until you feel a moderate stretch on the back of your knee and thigh on the leg resting inside the van. Repeat 15 times each side, hold for 1 sec during stretch.

STANDING HAMSTRING

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING ITB STRETCH

Stand next to the van for balance if needed, cross one leg in front of the other and then stand tall with arms overhead. Reach arms away from the front leg, pushing your hips towards the side until you feel a stretch down the side of your outer hip and spine. Repeat 15 times each side, hold for 1 sec during stretch.

STANDING ITB STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING QUAD STRETCH

Using the van for balance as needed, keeping tall, reach down and grab your foot near the toes, pulling it behind you. Keep your thighs together and hold until you feel a moderate stretch on the front of your thigh as well as front of your ankle. Repeat 15 times each side, hold for 1 sec during stretch.

STANDING QUAD STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

HOW PROVIDENCE CAN HELP

If you are having problems after the race, Providence Sports Medicine offers a full range of services to nurture and extend your athletic journey. Schedule an appointment at 503-29-SPORT.

PROVIDENCE Sports Medicine

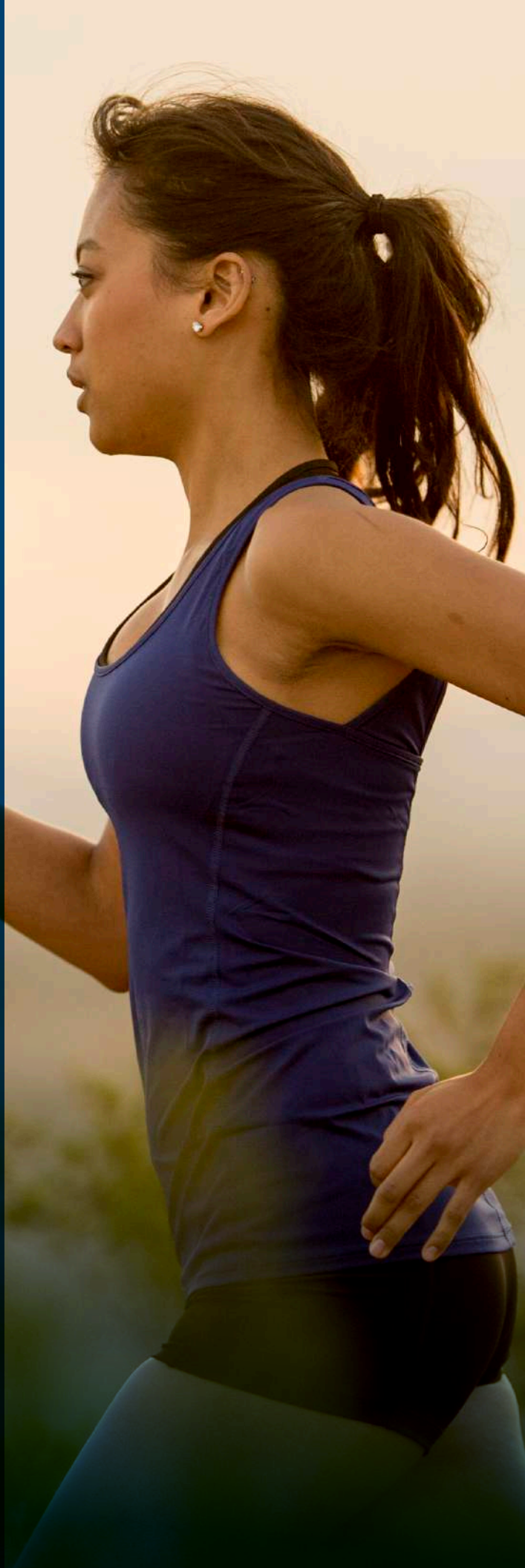
We salute the athlete in **everyone.**

Providence Sports Medicine is for every person who wants to be active.

We help you prevent injury, improve performance, and treat your aches and pains.

Make Providence Sports Medicine part of your team.

503-29-SPORT

ProvidenceOregon.org/sportsmedicine

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